

What is it like to Suffer from Depression in China?

Mandarin Corner
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Dàjiā hǎo, huānyíng láidào Mandarin Corner! Wǒ shì Eileen.
大家好，欢迎来到 Mandarin Corner! 我是 Eileen。
Hi, everyone. Welcome to Mandarin Corner! I am Eileen.

2

Zài Zhōngguó, dāng rénmen tánlùn xīnlǐ jíbìng shí,
在中国，当人们谈论心理疾病时，
When talking about mental illnesses in China,

3

huì shì shénmeyàng de tàidu ne?
会是什么样的态度呢?
what is people's attitude?

4

Jīntiān wǒmen qǐng dào yī míng zhè fāngmiàn de qīnlì zhě
今天我们请到一名这方面的亲历者
Today, we are having someone with direct experience

5

lái gēn dàjiā fēnxiǎng tā de jīnglì hé kànfǎ

What is it like to Suffer from Depression in China?

来跟大家分享她的经历和看法
share her story and insights.

6

Xiàmiàn yǒuqǐng tā lái gēn dàjiā dǎ gè zhāohu ba
下面有请她来跟大家打个招呼吧
Now, let's have her say "hello" to everyone.

7

Dàjiā hǎo, wǒ shì Mógu
大家好，我是蘑菇
Hello everyone, I'm Mushroom.

8

Wǒ shì xiànzài zài Qīngmài zuò mínsù, dànshì zhǔyè hái shì huàhuà
我是现在在清迈做民宿，但是主业还是画画
Currently, I'm running a guesthouse in Chiang Mai, and (oil) painting is my main job.

9

lái Qīngmài yǒu duōjiǔ le?
来清迈有多久了?
How long have you been in Chiang Mai?

10

Dàgài yǒu sān nián
大概有三年
About three years.

11

Zěnmé huì xiǎngdào yào yíjū hǎiwài ne?
怎么会想到要移居海外呢?
What made you decide to move overseas?

12

Yī kāishǐ wǒmen lái Tàiguó wán de shíhou wǒ jiù hěn xǐhuan Tàiguó
一开始我们来泰国玩的时候我就很喜欢泰国
I loved Thailand the first time we visited it

13

ránhòu nàge shíhou wǒ gēn wǒ lǎogong jiù
然后那个时候我跟我老公就
and at that time, my husband and I

14

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liǎng gè rén jiù shāngliang shuō
两个人就商量说
discussed that

15

děng wǒmen tuìxiū de shíhòu yào bānjiā dào Tàiguó lái
等我们退休的时候要搬家到泰国来
after we retired, we would move to Thailand.

16

hòumian yīnwèi wǒ zìjǐ gèrén de zhuàngkuàng yě bùtài hǎo,
后面因为我自己个人的状况也不太好,
Later, I was not in a good (mental) state

17

ránhòu wǒ jiù fēicháng fēicháng kěwàng bānjiā dào Tàiguó
然后我就非常非常渴望搬家到泰国
and so I started to desperately want to move to Thailand (sooner).

18

hòumian wǒmen liǎng gè jiù yìshì dào
后面我们两个就意识到
At that time, we both realized that

19

qíshí dāngxià jiùshì wǒmen zuì niánqīng de yī tiān,
其实当下就是我们最年轻的一天,
we were in our prime

20

nà wǒmen yīnggāi yòng wǒmen zuìhǎo de shíjiān
那我们应该用我们最好的时间
and we should use our best years

21

qù xiǎngshòu wǒmen zuì xiǎng qù de dìfang.
去享受我们最想去的地方。
to enjoy the places we most wanted to be in.

22

Nǐ gānggang shuō dāngshí zài guónèi de zhuàngtài bùtài hǎo ma
你刚刚说当时在国内的状态不太好嘛
You just mentioned you weren't in a good (mental) state back in China.

What is it like to Suffer from Depression in China?

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kěyǐ jùtǐ shuō yīxià ma?

可以具体说一下吗?

Could you tell us more about that?

24

Zhīqián huì yǒu yīxiē yìyù hé jiāolǜ de wèntí

之前会有一些抑郁和焦虑的问题

Back then, I was struggling with depression and anxiety.

25

Qíshí wǒ xiǎo de shíhou kěnéng jīnglì guo yīxiē bùtài hǎo de shìqing

其实我小的时候可能经历过一些不太好的事情

In fact, even when I was a child, I already experienced

26

ránhòu jiù huì yǒu yīxiē zhèngzhuàng shàngmiàn,

然后就会有一些症状上面,

some symptoms,

27

dànshì yīzhí dōu bù liǎojiě zhè fāngmiàn

但是一直都不了解这方面

but I didn't know much about (mental health) at that time.

28

Qíshí wǒ juéde Zhōngguó duìyú xīnlǐ fāngmiàn de yánjiū

其实我觉得中国对于心理方面的研究

Actually, I feel that China

29

yě shì bǐjiào luòhòu de ba

也是比较落后的吧

was relatively behind in the field of mental health.

30

suǒyǐ kěnéng jiù huì juéde shì shénme dòu xìng xīnlǜbùqí a

所以可能就会觉得是什么窦性心律不齐啊

So, my (symptoms) were mostly regarded as having sinus arrhythmia,

31

huòzhě shì jiùshì lǎn a, méiyǒu dònglì zhīlèi de

或者是就是懒啊, 没有动力之类的

or I was just being lazy and lacked motivation.

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Hòumian shì dào le nàge dàsì,
后面是到了那个大四,
Later, when I was a senior in university,

33

dāngshí yòu shì yào bìyè chuàngzuò yòu zài diànshìtái shíxí
当时又是要毕业创作又在电视台实习
I had to do a graduation project and an internship at a TV station,

34

zhěng gè rén jiù xiànrù le yīzhǒng...
整个人就陷入了一种...
I fell into a state...

35

Wǒ yě bù zhīdào zěnmehuíshì
我也不知道怎么回事
I don't know what happened,

36

mò míng qí miào de zhuàngtài, jiù dòng bù liǎo le
莫名其妙的状态，就动不了了
I just fell into a strange state where I felt (emotionally) paralyzed.

37

Nàge shíhòu de zhuàngtài fēicháng de zāogāo,
那个时候的状态非常地糟糕,
I was in a very bad place

38

érqiě dāngshí cóng wàimiàn huílai
而且当时从外面回来
and at that time, when I came back

39

jiù gōngzuò huílai zhīhòu,
就工作回来之后,
from work,

40

yī jìn fángjiān wǒ zhǐnéng tǎng zài chuáng shang kū
一进房间我只能躺在床上哭

What is it like to Suffer from Depression in China?

as soon as I entered my room, I would just lie on the bed and cry

41

huòzhě jiùshì miàn wúbiǎoqíng, wǒ yě bù shuōhuà

或者就是面无表情，我也不说话

or become expressionless and didn't feel like talking.

42

Xǐzǎo a jiǎn zhǐjiǎ zhèxiē duìwǒláishuō dōu tǐng nán de.

洗澡啊剪指甲这些对我来说都挺难的。

Even taking a bath or clipping my nails was difficult for me.

43

Wǒ juéde kěnéng shì

我觉得可能是

To me,

44

suàn bǐjiào yánzhòng de yīzhǒng zhuàngtài ba

算比较严重的一种状态吧

it felt like a serious situation.

45

dāngshí tǐng bùhǎo de

当时挺不好的

It was pretty bad.

46

Nǐ shuō xiǎoshíhou qíshí jiù kāishǐ yǒu zhèzhǒng...

你说小时候其实就开始有这种...

You mentioned that you started

47

hǎoxiàng yǒu yīdiǎn zhèngzhuàng le, shì ma?

好像有一点症状了，是吗？

having symptoms when you were a kid, right?

48

Dàgài shì shàng xiǎoxué chūzhōng de shíhou ba

大概是上小学初中的时候吧

Roughly when I was in primary and middle school,

49

jiùshì mò míng qí miào de xīn huāng, chuǎn bù shàng qì

What is it like to Suffer from Depression in China?

就是莫名其妙地心慌，喘不上气

I would have panic attacks and trouble breathing.

50

Qíshí zhège yīnggāi shì wǒ juéde

其实这个应该是我觉得

I think those were more

51

kěnéng gēn jiāolǜ guānxi gèng dà yīdiǎn

可能跟焦虑关系更大一点

tied to anxiety than depression.

52

Nàshíhou de zhuàngtài qíshí bìng bùshì yìyù

那时候的状态其实并不是抑郁

At that point it wasn't really depression.

53

Xuéyè zhòng ma? Háishi shuō fùmǔ gěi de yālì dà?

学业重吗？还是说父母给的压力大？

Was it because of heavy schoolwork or pressure from your parents?

54

Wǒ juéde zhèzhǒng kěnéng gēn tiānshēng de yǒu diǎn guānxi,

我觉得这种可能跟天生的有点关系，

I feel it was partly genetic

55

ránhòu gēn wǒ bàba kěnéng yě yǒudiǎn guānxi,

然后跟我爸爸可能也有点关系，

and partly because of my dad

56

yīnwèi wǒ bàba shì yī gè píqi hěn bùwěndìng de rén.

因为我爸爸是一个脾气很不稳定的人。

since he had a very volatile temper.

57

Tā jiùshì huíjiā kěnéng shì gāoxìng de, yě kěnéng bù gāoxìng

他就是回家可能是高兴的，也可能不高兴

He would come home happy, or very unhappy.

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Rúguǒ tā shì bù gāoxìng de nà jiù wándàn le
如果他是不高兴的那就完蛋了
If he was unhappy, everything would go to hell.

59

Huì zěnmeyàng? Huì dǎ nǐ ma?
会怎么样？会打你吗？
What would happen? Would he hit you?

60

Bùhuì dǎ wǒ, dànshì tā fāpíqì jiùshì fēicháng tūrán de
不会打我，但是他发脾气就是非常突然的
He wouldn't hit me, but his anger would burst out for no reason.

61

Ránhòu chīfàn de shíhòu yīdìng huì xùn wǒ
然后吃饭的时候一定会训我
Every meal would turn into a lecture aimed at me.

62

jiù lǎoshì kū zhe chīfàn | Zěnmé xùn nǐ?
就老是哭着吃饭 | 怎么训你？
I often cried during meal time. | How did he lecture you?

63

Jùtǐ tài nántīng yě bùxiǎng shuō
具体太难听也不想说
The details are too ugly to repeat.

64

fǎnzhèng jiùshì wǒ bù wēihài shèhuì,
反正就是我不危害社会，
In any case, (he would say) if I didn't harm others,

65

jiùsuàn shì tā duì shèhuì zuò gòngxiàn le.
就算是他对社会做贡献了。
it would be (due to him) and this would be his contribution to society.

66

Tā shēng wǒ bìng bùshì yīnwèi tā yào yǎnglǎo huòzhě tā ài wǒ,
他生我并不是因为他要养老或者他爱我，
He didn't have me because he wanted someone to care for him in his old age or
because he loved me.

What is it like to Suffer from Depression in China?

67

tā shì yào wèi shèhuì qù chéngdān zérèn, dàgài zhèyàng ba

他是要为社会去承担责任，大概这样吧

He did it to satisfy a social responsibility—something like that.

68

Nǐ juéde wǒmen zhè yī bèi de fùmǔ

你觉得我们这一辈的父母

Do you think our parents' generation

69

shìbùshì dōu bù tài dǒngde zěnmeyàng zuò fùmǔ?

是不是都不太懂得怎么样做父母?

didn't know how to be parents?

70

Wǒ juéde kěnéng shì yīnwèi quēshǎo le yīxiē ài de jiàoyù

我觉得可能是因为缺少了一些爱的教育

I think it's because they missed out on getting educated (or experiencing) love.

71

Zhè jiù tídao wǒ yéye, wǒ yéye shì yī gè fēicháng míngbai de lǎorén

这就提到我爷爷，我爷爷是一个非常明白的老人

This reminds me of my grandpa. He is a very clear-minded old man.

72

Tā nǎozi hěn qīngchu, dàn tā píqi yě fēicháng de dà

他脑子很清楚，但他脾气也非常地大

He is sharp in his thinking, but he also had a bad temper.

73

Wǒ bà xiǎoshíhou shì bèi tā dǎ dà de

我爸小时候是被他打大的

My dad grew up being beaten by him.

74

Yǒu yī tiān wǒ yéye tūrán gēn wǒ liáo le yīcì tiān

有一天我爷爷突然跟我聊了一次天

One day my grandpa suddenly had a talk with me.

75

Tā wèn nǐ bàba dǎ bù dǎ nǐ?

他问你爸爸打不打你?

What is it like to Suffer from Depression in China?

He asked: "Does your dad hit you?"

76

Wǒ shuō tā bù dǎ wǒ

我说他不打我

I said: "No."

77

Tā wèn wǒ, nà nǐ bàba dǎ bù dǎ nǐ māma?

他问我，那你爸爸打不打你妈妈？

He then asked: "Does your dad hit your mom?"

78

Wǒ shuō tā yě bù dǎ wǒ māma

我说他也不打我妈妈

I said: "Also no."

79

Tā shuō nà nǐmen jiā

他说那你们家

Then he said, "So your family..."

80

jiùshì wǒmen jiāzú xiànzài yǐjīng jìnbù le

就是我们家族现在已经进步了

Our family has progressed.

81

Tā shuō wǒ dāngshí dǎ nǐ nǎinai, yě dǎ nǐ bàba

他说我当时打你奶奶，也打你爸爸

I used to hit your grandma and your dad,

82

dànshì wǒ yìshì dào zhège bùduì

但是我意识到这个不对

but I realize now that I was wrong.

83

Nà nǐ bàba bù dǎ nǐ, bù dǎ nǐ māma

那你爸爸不打你，不打你妈妈

Your dad doesn't hit you or your mom,

84

jiùshì nǐ bàba xiànzài yǐjīng jìnbù le

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就是你爸爸现在已经进步了
so he's already making progress.

85
dànshì tā yǒushíhou píqi bùhǎo.
但是他有时候脾气不好。
However, he still loses his temper sometimes.

86
Dào nǐmen zhè yīdài wǒ xīwàng kěyǐ gèng hǎo yīdiǎn.
到你们这一代我希望可以更好一点。
So I hope your generation will be even better."

87
Wǒ juéde xiàng yī gè zhèzhǒng bā jiǔshí suì de lǎorén
我觉得像一个这种八九十岁的老人
I think that for someone in their eighties or nineties

88
zài zhège shídài jìnbù de guòchéng zhōng, tā dōu yǒu hěn duō de fǎnsī
在这个时代进步的过程中，他都有很多的反思
to reflect so deeply while the world keeps changing, (is amazing).

89
Suǒyǐ nàge niándài yěxǔ shì zhēnde jiùshì
所以那个年代也许是真的就是
Back then,

90
jīngshénwénmíng kěnéng jiùshì yǒuyīdiǎn huāngmò de gǎnjué
精神文明可能就是有一点荒漠的感觉
the spiritual landscape must have felt like a desert,

91
suǒyǐ mànman mànman de dàjiā shòudào zīyǎng
所以慢慢慢慢地大家受到滋养
and only slowly have people evolved.

92
shìjiè bùshì yīchéngbùbiàn de ma
世界不是一成不变的嘛
After all, the world isn't fixed.

93

What is it like to Suffer from Depression in China?

Jiùshì nǐ bàba nà yàngzi duì nǐ, nǐ huì hèn tā ma?

就是你爸爸那样子对你，你会恨他吗？

When your dad was treating you like that, did you hate him?

94

Huì ma, jiùshì...

会嘛，就是...

Yeah... of course.

95

Dāngrán xiǎopéngyǒu yībān bùhuì gōngjī zìjǐ de...

当然小朋友一般不会攻击自己的...

But kids usually don't attack their own...

96

Qítā de rén huòzhě zěnmeyàng, jiùshì xiàng nèi gōngjī

其他的人或者怎么样，就是向内攻击

They usually don't attack other people, instead they turn inward.

97

Zhōngguó rén dōu yǒu nàge nézhā qíngjié, jiùshì zìshā ma

中国人都有那个哪吒情结，就是自杀嘛

Chinese all know the Nezha story, the one in which Nezha killed himself.

98

suǒyǐ kěnéng zìshā zhège kètí zài wǒ shíyī èr suì de shíhou

所以可能自杀这个课题在我十一二岁的时候

So for me, the idea of suicide started

99

jiù yǐjīng kāishǐ zuò le

就已经开始做了

when I was eleven or twelve.

100

Dāngshí jiùshì yǒu xiǎng guo yòng shénme fāngfǎ ma?

当时就是有想过用什么方法吗？

What (suicidal) methods did you think about using?

101

Bǐjiào jiǎndān de gē wàn a tiàolóu a

比较简单的割腕啊跳楼啊

The simpler ones: cutting my wrist, or jumping off a building.

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Qíshí yě sōují le hēn duō jiùshì zěnmē sǐ bù tòngkǔ

其实也搜集了很多就是怎么死不痛苦

I even did research on how to die without pain.

103

Háiyǒu wǒ jìde yǒuyīcì jiùshì miànduì zhe jìngzi,

还有我记得有一次就是面对着镜子,

I remember once I stood in front of a mirror,

104

ránhòu jiù xiǎng wǒ néng bùnéng bǎ wǒ zìjǐ qiāsǐ

然后就想我能不能把我自己掐死

wondering if I could strangle myself.

105

yīnwèi dāngshí yǐjīng xué le shēngwù,

因为当时已经学了生物,

By then, we had started biology class,

106

ránhòu jiùshì zhège xuèguǎn zhīdào èn zhù dòngmài dehuà

然后就是这个血管知道摀住动脉的话

so I knew that pressing the carotid arteries

107

nǎozi huì quēyǎng ma.

脑子会缺氧嘛

would starve the brain of oxygen.

108

Ránhòu jiù yīzhí qiā zhe zìjǐ

然后就一直掐着自己

I tried to strangle myself

109

qíshí qiā dào zuìhòu quèshí shì mǎshàng jiù yào jué guòqu

其实掐到最后确实是马上就要厥过去

and in the end, I almost blacked out.

110

Zhěnggè liǎn jiù biànchéng nàzhǒng zhū gān sè, hēn kǒngbù

整个脸就变成那种猪肝色, 很恐怖

My face turned liver-red. It was terrifying!

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ránhòu wǒ tūrán kàn jìngzi, wǒ bǎ wǒ zìjǐ xià le yī tiào

然后我突然看镜子，我把我自己吓了一跳

When I suddenly saw myself in the mirror, I was startled.

112

Suǒyǐ hái shì hàipà de?

所以还是害怕的？

So you were still afraid (of dying)?

113

Háishi pà de, duì sǐwáng de kǒngjù hái shì yǒu

还是怕的，对死亡的恐惧还是有

Yes, the fear of death was still in me.

114

Háiyǒu jiùshì kěnéng zài xuéxiào lǐbian

还有就是可能在学校里边

Also, I suffered from

115

yě shòudào le yīxiē xiàoyuán bàolì

也受到了一些校园暴力

school bullying.

116

Qíshí xiǎoshíhou yě méiyǒu shénme péngyou

其实小时候也没有什么朋友

I didn't really have any friends back then,

117

Wèishénme? Nǐ juéde

为什么？你觉得

Why do you think that was?

118

Wǒ bù zhīdào, zhèzhǒng gǎnshòu fēicháng tòngkǔ

我不知道，这种感受非常痛苦

I don't know, but it was a painful experience.

119

Ránhòu wǒ jiù wèn wǒ mā

然后我就问我妈

What is it like to Suffer from Depression in China?

I asked my mom about it

120

wǒ mā gěi le wǒ yī gè hěn hǎo de dá'àn,
我妈给了我一个很好的答案,
and she gave me a good answer:

121

tā shuō yīnwèi nǐ bǐ biéren dōu zhǎngde zǎo yīxiē,
她说因为你比别人都长得早一些,
“You developed earlier

122

nǐ bǐ biéren chéngshú de zǎo yīxiē
你比别人成熟地早一些
than others,”

123

Nèixīn chéngshú?
内心成熟?
More mature?

124

Duì, suǒyǐ nǐ xiànzài qíshí shì yī gè dàren zài xiǎohái duī lǐ,
对，所以你现在其实是一个大人在小孩堆里，
Yes. “so, right now you’re basically an adult stuck among children,

125

xiǎohái dōu bù xǐhuan dàren.
小孩都不喜欢大人。
and kids don’t like adults.”

126

Nǐ shuō xiàoyuán bàolì, jiù dāngshí yǒurén duì nǐ shībào guo ma?
你说校园暴力，就当时有人对你施暴过吗？
You mentioned school bullying—did anyone actually hurt you?

127

Wǒ shàngxué shàng de bǐjiào zǎo...
我上学上得比较早...
I started school early...

128

Shēntǐ shàng de hái shì yányǔ shàng de?

What is it like to Suffer from Depression in China?

身体上的还是言语上的?

Was the bullying physical or verbal?

129

Bèi dǎ'ěrguāng ma

被打耳光嘛

I got slapped in the face.

130

Á? | En

啊? | 嗯

Really? | Yes.

131

Zhēnde yǒu a? | Duì

真的有啊? | 对

They actually did this? | Yes.

132

Qíshí yī gè jíǐ...

其实一个集体...

Actually, in a group...

133

Wǒ juéde jíǐ zhī è, yóuqíshì xiǎohái...

我觉得集体之恶, 尤其是小孩...

I think the cruelty of a group, especially groups of kids...

134

Wǒ hòumian dāng le lǎoshī,

我后面当了老师,

Later, when I became a teacher,

135

wǒ jiù fāxiàn qíshí xiǎopéngyǒu de zhèzhǒng èyì shì fēicháng zhíjiē de.

我就发现其实小朋友的这种恶意是非常直接的。

I found how direct children's malice can be.

136

Nǐ yě bù zhīdào wèishénme

你也不知道为什么

I don't know why,

137

What is it like to Suffer from Depression in China?

zài yī gè jíǐ zhōng zǒngshì yǒu yī gè
在一个集体中总是有一个
but every class seems to have

138

zhèzhǒng bù tài shòuhuānyíng de hái zi
这种不太受欢迎的孩子
one unpopular kid

139

dàjiā hǎoxiàng yīnwèi zhège bù tài shòuhuānyíng de hái zi
大家好像因为这个不太受欢迎的孩子
and the rest will bond as a group

140

ér níngjù chéng yī gè jíǐ.
而凝聚成一个集体。
to gang up on that kid.

141

Dāngshí wǒ kěnéng jiù bǐjiào dǎoméi, jiùshì zhège hái zi
当时我可能就比较倒霉，就是这个孩子
Unfortunately, (when I was young) I was that unpopular kid.

142

Wǒ yě kěyǐ lǐjiě, yīnwèi wǒ niánjì yòu xiǎo
我也可以理解，因为我年纪又小
Actually, I understand why now. I was younger,

143

érqiě wǒ... qíshí suīrán shuō gūdú ba,
而且我... 其实虽然说孤独吧,
and although I was lonely,

144

dànshì wǒ zhēnde hěn ài jiǎnghuà
但是我真的很爱讲话
I really loved to talk.

145

huòcóngkǒuchū ma, wǒ juéde kěnéng zhīqián bù tǎorénxǐhuan
祸从口出嘛，我觉得可能之前不讨人喜欢
The tongue is the enemy of the neck, right? So I think the reason I used to be so
unpopular

What is it like to Suffer from Depression in China?

146

yě gēn wǒ shízài tài ài jiǎnghuà le yǒu guānxi.

也跟我实在太爱讲话了有关系。

was partly because I talked too much.

147

Suǒyǐ yīdù tèbié tǎoyàn zìjǐ biǎodá,

所以一度特别讨厌自己表达,

For a long time, I really hated myself for talking so much

148

jiùshì xīwàng yǒu yī gē shénme zhēn huòzhě shì yī gè...

就是希望有一个什么针或者是一个...

and I wished there was some kind of needle or a...

149

Féng qilai shì ma? | Duì duì duì

缝起来是吗? | 对对对

To sew your mouth shut? | Exactly!

150

Wǎnshàng de shíhou, yǒushíhou jiùshì yībiàn yībiàn bìshàng yǎnjīng

晚上的时候, 有时候就是一遍一遍闭上眼睛

At night I'd close my eyes over and over

151

jiù xiǎngxiàng yǒu yī gēn zhēn bǎ zuǐba féng qilai

就想象有一根针把嘴巴缝起来

and picture a needle stitching my lips together.

152

Nàshíhou zhēnde hěn tòngkǔ de

那时候真的很痛苦的

That was a really painful time for me.

153

Dāngshí jiùshì bèi dǎ de shíhou, nǐ yǒu huánshǒu ma?

当时就是被打的时候, 你有还手吗?

When they hit you, did you ever fight back?

154

Méiyǒu huánshǒu, qíshí dāngshí jiùshì zhěng gè rén jiāngzhù le

没有还手, 其实当时就是整个人僵住了

What is it like to Suffer from Depression in China?

No, I would just freeze.

155

Nàge shíhou jiùshì xiǎng āiyā,

那个时候就是想哎呀,

All I could think was:

156

juéduì bùnéng shuāidǎo, shuāidǎo tài diūliǎn le

绝对不能摔倒, 摔倒太丢脸了

"Don't fall! Falling would be too humiliating."

157

Ránhòu shì bèi jǐ zài nàge bān mén de hòumén,

然后是被挤在那个班门的后门,

(Once), I was pushed against the back door of the classroom,

158

ránhòu jiù zhuā zhe bèihòu de nàge liànzi

然后就抓着背后的那个链子

and I grabbed onto the door's chain with both hands...

159

nà dǎ wǒ de shíhou jiù dǎ bei

那打我的时候就打呗

and just let them beat me.

160

dànshì wǒ yě bùnéng... Zhǐyào wǒ bù shuāidǎo jiù xíng le

但是我也不能...只要我不摔倒就行了

(I thought) as long as I didn't fall, I was doing okay.

161

Lǎoshī bùguǎn?

老师不管?

Didn't the teachers step in?

162

Lǎoshī yě guǎn bùliǎo nàme duō

老师也管不了那么多

The teachers couldn't watch everyone all the time.

163

yǐjīng bùxiǎng xúnqiú zhèzhǒng quánlì de jièrù le

What is it like to Suffer from Depression in China?

已经不想寻求这种权力的介入了

By then, I didn't want to tell the people in authority anymore

164

yīnwèi zài áidǎ de shíhòu qíshí yǐjīng gēn xuéxiào jiǎng guo,

因为在挨打的时候其实已经跟学校讲过,

because after the (initial) beatings, I did tell the school,

165

ránhòu lǎoshī chǔlǐ guo,

然后老师处理过,

and the teachers tried to handle it,

166

dànshì zhège méiyǒu shénme tài duō de zuòyòng

但是这个没有什么太多的作用

but it didn't help much.

167

Wǒ gēge kěnéng yě xiǎng yǐbàozhìbào

我哥哥可能也想以暴制暴

My brother thought about getting revenge by using violence.

168

Nǐ qīn gēge ma?

你亲哥哥吗?

Your real brother?

169

Bùshì qīn gēge, jiùshì tánggē

不是亲哥哥, 就是堂哥

No, a cousin on my dad's side.

170

Tā kěnéng xiǎng yǐbàozhìbào,

他可能想以暴制暴,

He wanted to intimidate those kids

171

ránhòu jiù zhǎo nàzhǒng shèhuì shàng de rén lái xiàhu zhèxiē rén

然后就找那种社会上的人来吓唬这些人

by using some guys from outside our school,

172

What is it like to Suffer from Depression in China?

dànshì ne xuéxiào de lǎoshī xiān zhǎodào wǒ shuō

但是呢学校的老师先找到我说

but a teacher pulled me aside and said:

173

nǐ bùyào qù bàofù

你不要去报复

"Don't retaliate.

174

bùyào bǎ zhège shìqing gǎo fùzá

不要把这个事情搞复杂

Don't make this more complicated!"

175

Zuìhòu wǒ yě juéde āiyā, suànle

最后我也觉得哎呀，算了

In the end I thought: "Forget it.

176

wǒ yě bùshì yī gè hěn yǒunénglì de rén

我也不是一个很有能力的人

I am not powerful myself anyway.

177

zhè cì bàochóu le yòu zěnmeyàng?

这次报仇了又怎么样?

Even if I got revenge,

178

Yòu méiyǒu rén tiāntiān bǎohù zhe wǒ

又没有人天天保护着我

who would protect me afterwards?"

179

Zhège xiàoyuán bàolì tā gēnsuí le nǐ duōjiǔ?

这个校园暴力它跟随了你多久?

How long did the school bullying last?

180

Yě méiyǒu gēnsuí duōjiǔ ba, yīnwèi wǒ yě yīzhí zhuǎnxué

也没有跟随多久吧，因为我也一直转学

Not for long, because I kept changing schools.

What is it like to Suffer from Depression in China?

181

Shàngxué shàng de zǎo, niánjì fēicháng xiǎo, yīzhí zài tiàojí

上学上得早，年纪非常小，一直在跳级

I started school early and skipped grades, so I was always the youngest (in the class).

182

Gāozhōng de shíhòu yòu bèi sòng dào nàzhǒng shěng zhòngdiǎn,

高中的时候又被送到那种省重点，

In senior high school, I was sent to a top provincial school,

183

ránhòu jiù bù tài shìyìng

然后就不太适应

and I couldn't fit in.

184

Zài shěng zhòngdiǎn lǐbian fǎnzhèng yě bù tài tǎorénxǐhuan

在省重点里边反正也不太讨人喜欢

There, too, I was unpopular.

185

Lǎoshī yě bù xǐhuan, yīnwèi yī gè xiànchéng de xiǎohái

老师也不喜欢，因为一个县城的小孩

The teachers also didn't like me because I came from a small town.

186

dào le zhèzhǒng chéngshì lǐmiàn zhòngdiǎn gāozhōng

到了这种城市里面重点高中

The school was in the city and was for students

187

jiùshì fēifùjíguì, yàobù jiùshì chéngjì tèbié hǎo de,

就是非富即贵，要不就是成绩特别好的，

who were either rich and well-connected, or top of the class,

188

wǒ nǎ yīzhǒng dōu bùshì

我哪一种都不是

and I was none of these.

189

Ránhòu wǒ jiù bùxiǎng jìxù dúshū le

然后我就不想继续读书了

As a result, I didn't want to stay in that school anymore.

What is it like to Suffer from Depression in China?

190

Nàshíhòu yǒu yī gè huàshì de lǎoshī jiù gēn wǒ bàba jiǎng,

那时候有一个画室的老师就跟我爸爸讲,

At that time, a teacher in the art studio (I was attending) told my dad:

191

wǒ de chéngjì hěn hǎo, rúguǒ xué měishù kěyǐ kǎo qīnghuá

我的成绩很好, 如果学美术可以考清华

"Her grades are so good. If she studies art, she could get into Tsinghua."

192

Wǒ tūrán xiǎng zhe, yàobù wǒ táo le ba

我突然想着, 要不我逃了吧

Then I thought, (if this was true), I would be able to escape (the predicament I was in at the time).

193

ránhòu wǒ jiù chéng le yī gè měishù shēng.

然后我就成了一个美术生。

Afterwards, I became a fine art student.

194

Hòumian dào dàxué zhīhòu jiùshì yìyùzhèng wánquán hǎo le hái shì shuō...

后面到大学之后就是抑郁症完全好了还是说...

After you got into university, was the depression completely gone, or...

195

Méiyǒu, tā qíshí gèng yánzhòng le

没有, 它其实更严重了

No, it actually got worse.

196

Wèishénme ne?

为什么呢?

Why?

197

Jiùshì shàng dàxué kāishǐ tánliàn'ài ya

就是上大学开始谈恋爱呀

I started dating in college

198

ránhòu zhège liàn'ài dǎozhì wǒ jiùshì dìyīcì

What is it like to Suffer from Depression in China?

然后这个恋爱导致我就是第一次
and the relationship I had at the time triggered

199

kěnéng lèisì yú yìyù bàofā de zhèzhǒng zhuàngkuàng
可能类似于抑郁爆发的这种状况
what felt like my first real depression.

200

Ránhòu nàge nán de ba tā yǒu lǎopó, yǒu hái zi
然后那个男的吧他有老婆，有孩子
That guy had a wife and a child.

201

Dàn nǐ bù zhīdào?
但你不知道?
But you didn't know?

202

Wǒ zhīdào, tā gēn tā lǎopó lí le hūn zhīhòu
我知道，他跟他老婆离了婚之后
I was aware of it. After he divorced his wife,

203

bǎ líhūn zhèng fā jìn le wǒmen jiùshì yìqǐ wán de nàge qún lǐmiàn
把离婚证发进了我们就是一起玩的那个群里面
he posted the divorce certificate in the group chat we all used.

204

Wǒ juéde dāngshí jiùshì zěnmē jiǎng, rútóng érxi
我觉得当时就是怎么讲，如同儿戏
At the time the whole thing felt... how should I put it... it felt like a joke.

205

wǒ bìngbù zhīdào hūnyīn shì shénme,
我并不知道婚姻是什么,
I had no idea what marriage was.

206

suǒyǐ nàge nán péngyou tā bùshì zài xuéxiào de tóngxué?
所以那个男朋友他不是在学校的学生?
So, this boyfriend wasn't a student at your school?

207

What is it like to Suffer from Depression in China?

Bùshì

不是

No.

208

Wǒ hái jìde dāngshí

我还记得当时

I remember that at that time

209

Jiùshì wǒ gēn tā nǚ'ér zài yìqǐ zhù, hái yǒu tā

就是我跟他女儿在一起住，还有他

I was still living with him and his daughter

210

ránhòu tā qiánqī shàngmén lái le

然后他前妻上门来了

and his ex-wife came to our house

211

dài zhe tā qiánqī de jiějie ba

带着他前妻的姐姐吧

along with her older sister.

212

ránhòu jìnlái jiù pāi, pāi wǒ

然后进来就拍，拍我

She came straight in and started taking photos of me.

213

Ránhòu ne tā jiùshì yīgèjìn zài mà,

然后呢她就是一个劲在骂，

Then she started cursing me

214

hòumian tā nàge jiějie yě jiārù le mà, ránhòu mà zhège nán de

后面她那个姐姐也加入了骂，然后骂这个男的

and soon, her older sister joined in and also started cursing the guy.

215

ránhòu zhídào mà dào zhège nánrén de jiārén,

然后直到骂到这个男人的家人，

When they started cursing his entire family,

What is it like to Suffer from Depression in China?

216

ránhòu zhège nánrén jiù tūrán chōngjìn chúfáng ná le yī bǎ dāo chūlai.

然后这个男人就突然冲进厨房拿了一把刀出来。

he suddenly dashed into the kitchen and came out holding a knife.

217

Wǒ dāngshí wǒ xià měng le

我当时我吓懵了

I was in a state of shock

218

nàge xiǎo nǚhái hái zài nàge pángbiān ma

那个小女孩还在那个旁边嘛

because his little girl was also there.

219

Ránhòu tā ná zhe dāo chūlai de shíhou

然后他拿着刀出来的时候

When he came out with a knife,

220

wǒ dìyī fǎnyìng,

我第一反应,

my first reaction,

221

jiù yīnwèi dāngshí tā zhège qiánqī de jiějie mà de tài nántīng le,

就因为当时他这个前妻的姐姐骂得太难听了,

because the sister's insults had become really harsh,

222

wǒ jiù chōng shàngqu, wǒ jiù bào zhù tā qiánqī de jiějie

我就冲上去, 我就抱住他前妻的姐姐

was to rush to the sister, embrace her

223

wǒ jiù jǐnjǐn bào zhe tā, wǒ zài ěr biān shuō

我就紧紧抱着她, 我在耳边说

and whispered:

224

wǒ shuō jiějie nǐ bùyào shuō le,

我说姐姐你不要说了,

"Sister, please stop talking!

What is it like to Suffer from Depression in China?

225

rén chōngdòng de shíhòu zhēnde huì shā rén de, nǐ bù yào shuō le

人冲动的时候真的会杀人的，你不要说了

When people lose control, they really can kill. Don't say another word."

226

ránhòu wǒ jiù niǔtóu duì tā shuō, wǒ shuō nǐ yào kǎn nǐ jiù kǎn wǒ ba

然后我就扭头对他说，我说你要砍你就砍我吧

Then I turned to the man and said: "If you want to kill someone, kill me!"

227

kěnéng jiùshì zhège xíngwéi ba zhènzhu le

可能就是这个行为吧镇住了

Maybe my gesture stunned the two women.

228

ránhòu tā liǎ fǎnzhèng zhīhòu jiù yě méi...

然后她俩反正之后就也没...

They later didn't really...

229

jiùshì màn màn màn màn de jiù píng xī le, jiù zǒu diào le

就是慢慢慢慢地就平息了，就走掉了

The conflict calmed down eventually and (after a while) they just left.

230

zǒu diào zhīhòu wǒ jué de zhège gǎn qíng shì bù néng yào de

走掉之后我觉得这个感情是不能要的

After they left, I knew that our relationship had to end.

231

dàn shì ne rén dōu yǒu qíng gǎn ma,

但是呢人都有情感嘛，

But humans have feelings,

232

bì jìng yě tán le zhè me cháng de shí jiān.

毕竟也谈了这么长的时间。

after all, we'd been together a long time.

233

Duō jiǔ?

多久？

What is it like to Suffer from Depression in China?

How long?

234

Zuìzhōng fēnshǒu de shíhòu yǒu kuài liǎng nián ba

最终分手的时候有快两年吧

By the time we finally broke up it had been almost two years.

235

Jiùshì dāng jìnrù le zhège xuánwō

就是当进入了这个漩涡

Once I fell into that situation,

236

wǒ juéde wǒ hǎoxiàng méiyǒu shénme tài duō de nénglì pá chūlai

我觉得我好像没有什么太多的能力爬出来

I had very little power to get out of it.

237

ránhòu xiǎngyào fēnshǒu, dànshì yòu méiyǒu lǐyóu

然后想要分手，但是又没有理由

I wanted to break up but I didn't know how.

238

Wǒ juéde kěnéng jiùshì bèi guī xùn de tài hǎo le

我觉得可能就是被规训得太好了

I think maybe I was too traditional in my thinking

239

cóngxiǎo dào dà jiù juéde tánliàn'ài yào duì biéren

从小到大就觉得谈恋爱要对别人

because from a young age, I was taught

240

fùzérèn, ránhòu zěnmeyàng

负责任，然后怎么样

to be responsible in a relationship

241

biéren fùchū le zhēnxīn, zìjǐ náchū shí'èrfēn zhēnxīn duì biéren

别人付出了真心，自己拿出十二分真心对别人

and that if someone gives you their love, you should return it in full.

242

Dànshì méiyǒu xué zěnyàng bǎohù zìjǐ.

What is it like to Suffer from Depression in China?

但是没有学怎样保护自己。

But I never learned to protect myself.

243

Hòumian jiù jīnglì le zhège zhīhòu, nèixīn hěn kǒnghuāng

后面就经历了这个之后，内心很恐慌

After that experience, I was in a state of panic.

244

ránhòu zhège shíhòu kāishǐ dòng bùliǎo, jiùshì zài wǒ péngyou jiā lǐbiān.

然后这个时候开始动不了，就是在我朋友家里边。

From then on, I couldn't function and I ended up moving in with a friend.

245

Zhídào dào tā jiā, wǒ kāishǐ chī bù fàn shuì bùliǎo jiào

直到到她家，我开始吃不饭睡不着

After I moved into my friend's home, I didn't feel like eating anymore and I couldn't sleep.

246

ránhòu jiùshì měitiān jiùshì dāi zhe,

然后就是每天就是待着，

Every day I just stayed there,

247

nàge shíhòu shì yīzhǒng dāizhì de zhuàngtài

那个时候是一种呆滞的状态

in a dazed state.

248

Nàshíhòu hái méiyǒu zhèngshì fēnshǒu?

那时候还没有正式分手？

You hadn't officially broken up with that guy yet?

249

Fēnshǒu le

分手了

I had.

250

Wǒ dāngshí gēn tā shuō, wǒ shuō rén zhǐnéng yǒu yī gè jiā

我当时跟他说，我说人只能有一个家

I told him at the time that a person can only have one home.

What is it like to Suffer from Depression in China?

251

nǐ nàbian méiyǒu jiějué hǎo dehuà,

你那边没有解决好的话,

"If you haven't settled your issues with your (ex-wife),

252

nǐ yào chéngdān nǐ de zérèn

你要承担你的责任

then you need to take on the responsibility (of doing it)."

253

Wǒ shuō nǐ jiù zuò yī gè juéding jiù hǎo,

我说你就做一个决定就好,

I told him to just make a decision,

254

ránhòu tā juéding hái shì huíqu chéngdān zérèn

然后他决定还是回去承担责任

and he decided to go back to (his ex-wife) and take responsibility.

255

Wǒ juéde hǎo, nà wǒ juéde nǐ hěn bàng

我觉得好, 那我觉得你很棒

I said: "Okay, I think you're great."

256

ránhòu dāng tā xià le zhège juéding, wǒ zhīdào tā kěndìng huì zhǎo wǒ

然后当他下了这个决定, 我知道他肯定会找我

After he made that decision, I knew he would definitely contact me later.

257

ránhòu wǒ jiù lì mǎ jiù bānjiā le.

然后我就立马就搬家了。

So I moved out (from his home) immediately.

258

Wǒ jiù xiān bān huí qīnshì, ránhòu yìngjī le yī duàn shíjiān zhīhòu

我就先搬回寝室, 然后应激了一段时间之后

I first moved back to the dorm, and after a period of being in an anxious state,

259

wǒ yòu bān dào le wǒ péngyou jiā lǐmiàn

我又搬到了我朋友家里面

I moved into my friend's home.

What is it like to Suffer from Depression in China?

260

Nà nán de dāngshí jiùshì yīzhí zài zhǎo wǒ
那男的当时就是一直在找我
The guy was still looking for me at that time.

261

ránhòu yǒu yī tiān wǒ péngyou yào hǎn wǒ chūqù páshān de shíhou
然后有一天我朋友要喊我出去爬山的时候
One day, my friend wanted to take me out for a hike

262

wǒ dìyīcì gǔqǐyǒngqì zǒuchū zhège fángmén
我第一次鼓起勇气走出这个房门
and that was the first time I mustered up the courage to walk out the door.

263

jiéguǒ chūqù le zhīhòu, bàn lù jiù juéde bùduì,
结果出去了之后，半路就觉得不对，
But halfway to the hike, I felt something wasn't right.

264

wǒ xiǎng zhe bùshì zhège rén yào zhǎo wǒ ba
我想着不是这个人要找我吧
I thought, "Maybe this guy will come looking for me."

265

jiéguǒ hái méiyǒu dào nàr de shíhou, wǒ jiù hěn kǒngguāng
结果还没有到那儿的时候，我就很恐慌
As a result, I started to panic even before we got (to the hike).

266

ránhòu tā shuō nà nǐ yào pà dehuà, nǐ jiù huíqu ba
然后她说那你要怕的话，你就回去吧
My friend said, "If you're scared, you can go back alone."

267

ránhòu wǒ jiù yòu huíqu le
然后我就又回去了
So I went back.

268

huíqu zhīhòu, tā dào le nàge páshān de dìfang
回去之后，她到了那个爬山的地方

What is it like to Suffer from Depression in China?

When she arrived at the hiking place,

269

tā shuō guǒrán tā zài

她说果然他在

she (messaged) me, "Sure enough, he is here."

270

shì qítā de péngyou yuē de tā

是其他的朋友约的他

It was because other friends had invited him.

271

suǒyǐ nàzhǒng yìngjī qíshí chíxù le mǎn jiǔ

所以那种应激其实持续了蛮久

So, that kind of anxiety actually lasted for a long time.

272

Zhídào wǒ gēn wǒ lǎogong, xiànzài de lǎogong zàiyīqǐ zhīhòu

直到我跟我老公，现在的老公在一起之后

Even when I got together with my present husband,

273

zhège nán de shènzhì kànjiàn wǒ le

这个男的甚至看见我了

whenever this guy saw me,

274

tā hái shì nàzhǒng jiùshì yào zhuīzhú de nàzhǒng...

他还是那种就是要追逐的那种...

he would still go after me

275

ràng wǒ juéde wǒ zhēnde shì yī gè lièwù

让我觉得我真的是一个猎物

as if I was his prey.

276

Wǒ juéde hěn duō nánxìng de zhèzhǒng sīxiǎng,

我觉得很多男性的这种思想，

Some men's thinking...

277

zhēnde nǎozi lǐmiàn dōu bù zhīdào zhuāng de shì shénme

What is it like to Suffer from Depression in China?

真的脑子里面都不知道装的是什么
I really don't know what's in their heads!

278

Dì'èrcì yìyù bàofā shènzhì méiyǒu yuányīn
第二次抑郁爆发甚至没有原因
The second depression I went through didn't even have a trigger.

279

Dì'èrcì jiùshì gēn wǒ lǎogong zài yìqǐ zhīhòu le
第二次就是跟我老公在一起之后了
It happened after I was already with my present husband

280

Wǒ zài diànshìtái... Dāngshí zài diànshìtái gōngzuò, yě tǐnghǎo de dānwèi
我在电视台... 当时在电视台工作，也挺好的单位
and at that time I was working at a TV station—a very nice job.

281

Zài gēshǒu èr líng yī qī shíxí
在歌手二零一七实习
I was interning on a show called "Singer 2017,"

282

ránhòu měitiān jiàn hěn duō dà míngxīng a
然后每天见很多大明星啊
and I got to meet big celebrities every day.

283

dànshì wǒ de gǎnshòu jiùshì wǒ yīdàn chū le nàge fángjiān mén,
但是我的感受就是我一出了那个房间门,
But my personal experience was that the moment I stepped out of my home,

284

wǒ jiù jìnrù dào le yīzhǒng rènzhen de gōngzuò zhuàngtài
我就进入到了一种认真的工作状态
I had to switch into a hard-working mode,

285

ránhòu měitiān chōu dàliàng de yān
然后每天抽大量的烟
and every day, I smoked a lot.

286

What is it like to Suffer from Depression in China?

Dào le gōngzuòdānwèi, jiùshì nàge tái lǐmiàn

到了工作单位，就是那个台里面

Once I arrived at the office,

287

nà shì yī piàn huāngwú de dìfang

那是一片荒芜的地方

which was located in a barren space,

288

jiùshì zhēnde jiùshì méiyǒu yī kē shù,

就是真的就是一棵树，

with no trees at all...

289

nà zhěnggè lóu lǐbian jiù zhǐyǒu yī gè xiǎo tiānjǐng, yǒuyīdiǎn yángguāng

那整个楼里边就只有一个小天井，有一点阳光

Just one tiny courtyard in the whole complex with just a sliver of sunlight.

290

wǒmen tiāntiān dōu zài dìxià.

我们天天都在地下。

We spent every day underground.

291

Jiù wǒ juéde gēn quēshǎo guāngzhào yě yǒu hěn dà de guānxi.

就我觉得跟缺少光照也有很大的关系。

I really think the lack of sunshine had a lot to do with (my depression).

292

Wǒ jiù juéde wǒ dào le nàr zhīhòu

我就觉得我到了那儿之后

I felt that from the moment I got there,

293

wǒ de línghún hǎoxiàng zài zhège wèizhi, jiù zài zhèr

我的灵魂好像在这个位置，就在这儿

my soul was hovering right here.

294

Chū qiào le

出窍了

Detached from your body?

What is it like to Suffer from Depression in China?

295

Duì, wǒ juéde wǒ zài piāo zhe, jiǎobùzhāndì de

对, 我觉得我在飘着, 脚不沾地的

Yes, like I was drifting, with feet never touching the ground.

296

ránhòu rén yǒudiǎn huǎnghū, rén yǒudiǎn dāi

然后人有点恍惚, 人有点呆

I felt dazed, and not at all there.

297

Nà nǐ dāngshí de gōngzuò yǒu gěi nǐ dàilái chéngjiùgǎn ma?

那你当时的工作有给你带来成就感吗?

Did that job give you any sense of fulfillment?

298

Rén yǐjīng dào nàzhǒng zhuàngtài de shíhòu

人已经到那种状态的时候

At that time, being in the state I was in,

299

qíshí méiyǒu shénme shìr néng gěi rén dàilái mǎnzúgǎn,

其实没有什么事儿能给人带来满足感,

nothing could give me any real satisfaction

300

yīnwèi méiyǒu yùwàng.

因为没有欲望。

because I had no desire for anything.

301

Nàshíhòu wǒ hái shàng le diànshì, érqǐ hái shàng le rèisōu

那时候我还上了电视, 而且还上了热搜

Back then I even appeared on TV and this incident was trending on the Internet.

302

jiùshì gèzhǒng tóutiáo a shénme zhèzhǒng xīnwénméitǐ a

就是各种头条啊什么这种新闻媒体啊

I was in the headlines, all over entertainment news.

303

nàzhǒng yíngxiāo hào a, jiùshì dào chù yǒu wǒ de zhàopiàn

那种营销号啊, 就是到处有我的照片

Every marketing account was running photos that had me in them.

What is it like to Suffer from Depression in China?

304

Jiùshì dāngshí ne Dímxī qīn le Yuán Yàwéi yīkǒu

就是当时呢迪玛希亲了袁娅维一口

It happened when Dimash kissed Tia Ray on the show

305

ránhòu zhège jìngtóu bèi jiǎn dào zhège zhèng piān lǐmiàn

然后这个镜头被剪到这个正片里面

and the shot made the final cut

306

érqiě zhè jìngtóu hěn cháng

而且这镜头很长

which stayed on-screen for a long time.

307

Dāngshí wǒ chuān zhe yīshēn bái yīfu,

当时我穿着一身白衣服,

I was wearing all white at that time

308

wǒ bù zhīdào bùnéng chuān bái yīfu, dāngshí shì dìyī qī

我不知道不能穿白衣服, 当时是第一期

because I didn't know white clothes weren't allowed. It was the first episode

309

wǒ zuòwéi huàmiàn de gāoguāng zhàn zài tāmen hòubian, yǎnshén piāohū

我作为画面的高光站在他们后边, 眼神飘忽

and I stuck out in the photo, hovering behind them with a vacant stare.

310

Dàjiā shuō wǒ zhǎngde xiàng Zhōu Bǐchàng | Shì yǒudiǎnr

大家说我长得像周笔畅 | 是有点儿

People said I looked like Bibi Zhou (a singer). | Yes, a little!

311

Ránhòu wǒ jiù shàng le zhège gèzhǒng méitǐ a shénme

然后我就上了这个各种媒体啊什么

So, my photo was on many media outlets

312

zhěnggè tái de rén dōu rènshi wǒ le

整个台的人都认识我了

What is it like to Suffer from Depression in China?

and suddenly everyone in our TV station knew me.

313

Dāngshí jiù juéde wǒ hǎo kǒnghuāng, hǎo kǒngjù

当时就觉得我好恐慌，好恐惧

At that time, I was panicking and terrified about it.

314

Nǐ kǒnghuāng shì yīn wèishénme? Pà lǐngdǎo mà nǐ háishi?

你恐慌是因为什么？怕领导骂你还是？

Why did you panic? Because you were afraid of being scolded by your boss?

315

Bùshì, qíshí yīnwèi dàjiā dōu rènshi wǒ

不是，其实因为大家都认识我

No, (I panicked) because of the fact that now, everyone knew me.

316

O, nǐ xiǎngyào chéngwéi yǐnxíng rén?

哦，你想要成为隐形人？

Ah, you wanted to be invisible?

317

Duì, qíshí wǒ jiù xiǎng hǎohǎo de bǎ zhège shìr guòqù jiù hǎo le,

对，其实我就想好好地把这个事儿过去就好了，

Exactly. I just wanted the whole thing to pass by peacefully

318

yīnwèi wǒ hěn tòngkǔ.

因为我很痛苦。

because I was in (mental) agony.

319

Wǒ rènwéi ba bùguǎn rén yìyù de yuányīn shì shénme

我认为吧不管人抑郁的原因是什么

I believe that no matter what triggers depression,

320

zài yìyù de zhuàngtài zhīxià qíshí dōu bù shìhé jiēshòu guòduō de guānzhù.

在抑郁的状态之下其实都不适合接受过多的关注。

when you're in that state, you're not equipped to handle extra attention.

321

Ránhòu jiùshì nàge shíhou yìyù gèngjiā de bàofā

What is it like to Suffer from Depression in China?

然后就是那个时候抑郁更加地爆发
The depression got worse at that time

322

jiùshì zhěngtiān jiùshì juéde hěn huāng.
就是整天就是觉得很慌。
and every day, I felt frantic.

323

Dāngshí jiùshì yìyùzhèng fāzuò de shíhòu
当时就是抑郁症发作的时候
When you fell into a depression,

324

shì měitiān shì shāngxīn de ma?
是每天是伤心的吗?
did you feel sad all the time?

325

Méiyǒu qíngxù, dànshì huì kū
没有情绪，但是会哭
No particular emotion, but I would cry (for no reason).

326

Nǐ yào zǐxì xiǎng, wǒ yě xiǎng bù qilai le
你要仔细想，我也想不起来了
I cannot recall the details now if you ask me to.

327

Wǒ hòumian hái wèn guo wǒ lǎogong,
我后面还问过我老公，
Later I even asked my husband about it

328

yīnwèi wǒ bù zhīdào tā wèishénme néng
因为我不知道他为什么能
because I still don't know

329

zhème píngjìng de jiēshòu wǒ zhège shìr
这么平静地接受我这个事儿
how he stayed so calm.

330

What is it like to Suffer from Depression in China?

Wǒ hái wèn guo tā, tā shuō qíshí tā yě xiǎng bù tài qilai,
我还问过他，他说其实他也想不太起来，
He said he couldn't really remember that period either

331

yīnwèi nà duàn shíjiān...
因为那段时间...
because during that period of time...

332

Kěnéng tā yě tǐng tòngkǔ de?
可能他也挺痛苦的？
Maybe it was hard on him too?

333

Duì, tā yào bāng wǒ xǐzǎo, hái bāng wǒ jiǎn zhǐjiǎ
对，他要帮我洗澡、还帮我剪指甲
Yes. He had to bathe me, cut my nails,

334

bāng wǒ chuān yīfu, bǎ wǒ tuī chūmén, tā hái yào qù shàngkè
帮我穿衣服，把我推出门，他还要去上课
dress me, push me out the door, and still make it to his own classes.

335

Tā dāngshí hái zài xuéxiào lǐ? | Tā bǐ wǒ dī yījí
他当时还在学校里？ | 他比我低一级
He was still in school? | He was one year below me.

336

Wǒ dāngshí dàsì, tā dàsān
我当时大四，他大三
I was a senior, and he was a junior.

337

Dàxué bìyè zhīhòu yě yǒu guo fēicháng guāngxiān de gōngzuò
大学毕业之后也有过非常光鲜的工作
After graduation, I landed a very glamorous job—

338

wǒ dāngshí shì zài yī gè gǎng qǐ gōngzuò, hěn guāngxiān
我当时是在一个港企工作，很光鲜
a job in a Hong Kong company (located in Hunan).

What is it like to Suffer from Depression in China?

339

Zuò shénme de dāngshí? | Marketing shìchǎng

做什么的当时? | Marketing 市场

What did you do? | Marketing.

340

ránhòu zài shìchǎng bù de shíhou wǒmen jiābān hěn yánzhòng,

然后在市场部的时候我们加班很严重,

In the marketing department we had brutal overtime work,

341

érqiě zuò de shì dàduō wú yìyì

而且做的事大多无意义

and most of the tasks felt meaningless.

342

jiùshì zài gān xiāohào jīnglì

就是在干消耗精力

They purely drained our energy.

343

Yě ná zhe qián, jiābānfèi hěn gāo ma, érqiě hěn guāngxiān

也拿着钱, 加班费很高嘛, 而且很光鲜

But the pay was good and the job was glamorous.

344

Nàge gōngzuò jiùshì shǔyú dāngshí zài diànshìtái de nàxiē

那个工作就是属于当时在电视台的那些

Even people who had ignored me

345

bù tài lǐ wǒ de rén

不太理我的人

in my previous TV job

346

dōu huì gěi wǒ fā xìnxi | Kāishǐ bājie nǐ le?

都会给我发信息 | 开始巴结你了?

messed me. | They started to flatter you?

347

Nǐ xiànzài shìbùshì zài nàge dìfang gōngzuò?

你现在是不是在那个地方工作?

(They would say): "Hey, are you really working there?"

What is it like to Suffer from Depression in China?

348

Āi, zuìjìn zěnmeyàng a?

哎，最近怎么样啊？

How have you been?"

349

Jiùshì zhèzhǒng qīnrè de gǎnjué

就是这种亲热的感觉

They talked to me as if I was very close to them.

350

Dànshì wǒ juéde nàge bùshì wǒ

但是我觉得那个不是我

But I didn't feel it was because of me.

351

tā shì láizì yú wǒ de zhíwèi,

它是来自于我的职位，

(The glamour) came with my job title.

352

zhōuwéi de zhèxiē yě shì xūjiǎ de,

周围的这些也是虚假的，

Everything around me felt phony

353

wǒ xiǎng zhuīqiú yīzhǒng zhēnshí.

我想追求一种真实。

and I wanted to pursue something more real.

354

Ránhòu wǒ jiù gēn wǒ lǎogong shāngliang le yīxià,

然后我就跟我老公商量了一下，

So I had a conversation with my husband

355

yàobù děng... jiù dāngshí zhènghǎo tā yě yào bìyè le

要不等... 就当时正好他也要毕业了

and I said when we... At that time, he was about to graduate

356

Wǒ shuō nǐ yě bù yòng gōngzuò le,

我说你也不用工作了，

What is it like to Suffer from Depression in China?

So I said, "Forget about looking for a job."

357

wǒ jiàn guo gōngzuò shénmeyàng le, wǒ shuō gōngzuò méiyǒuyì.

我见过工作怎么样了，我说工作没有意义。

I already know how it feels to work—it's meaningless."

358

Tā shuō nà nǐ juéde shénme dōngxi yǒuyì?

他说那你觉得什么东西有意义？

He asked me: "What do you think is meaningful then?"

359

Wǒmen liǎng gè jiù fēnxī

我们两个就分析

We then started to think about this question.

360

wǒ juéde wǒmen yào zuò yī jiàn suízhe zhège shíjiān zēngzhǎng,

我觉得我们要做一件随着这个时间增长，

We felt that we needed to do work that gains value over time,

361

jiùshì wǒmen niánjì yuèláiyuè dà,

就是我们年纪越来越大，

the kind where the older we get,

362

wǒmen de shíjiān yuèláiyuè zhíqián de gōngzuò.

我们的时间越来越值钱的工作。

the more our time is worth (so we could work less and have more free time).

363

Dāng lǎoshī kěndìng shì yī gè zhèyàng

当老师肯定是一个这样

(We thought) being a teacher fits that description.

364

jīngyàn yuè fēngfù ma nǐ de shíjiān jiù yuè zhíqián.

经验越丰富嘛你的时间就越值钱。

The more experience you have, the more valuable your time becomes.

365

Nà wǒmen liǎng gè jiù qù kāi huàshì

What is it like to Suffer from Depression in China?

那我们两个就去开画室

So, we decided to open an art school.

366

Cóngxiǎo wǒmen jiùshì huàshì jiàoyù zhǎngdà de,

从小我们就是画室教育长大的,

Since we'd both grown up attending art classes,

367

kāi huàshì duì wǒmen láishuō yìrúfǎnzhǎng

开画室对我们来说易如反掌

running an art school felt very natural to us.

368

Tā yě shì xué yìshù de?

他也是学艺术的?

He studied art too?

369

Duì, tā yě xué měishù de

对, 他也学美术的

Yes, his major was also fine arts.

370

ránhòu wǒmen shá yě méi xiǎng jiù kāi le huàshì

然后我们啥也没想就开了画室

Without further thinking, we opened an art school

371

ránhòu jiù pèngdào le fēicháng hǎo de hézuòhuǒbàn,

然后就碰到了非常好的合作伙伴,

and by luck, found an amazing partner

372

yě shì zhēnde hěn ài wǒ, tèbié lǐjiě wǒ

也是真的很爱我, 特别理解我

who truly cared and understood me.

373

Wǒ gēn tā shuō wǒ de jīngshén bùshì hěn hǎo,

我跟她说我的精神不是很好,

I told her, "My mental health is fragile

374

What is it like to Suffer from Depression in China?

jiùshì wǒ bùnéng zuò nàzhǒng yālì hěn dà de gōngzuò.
就是我不能做那种压力很大的工作。
so I can't handle high pressure.

375

Wǒ kěyǐ dài xiǎohái, dànshì wǒ jiù bùnéng zhāohu jiāzhǎng
我可以带小孩，但是我就不能招呼家长
If I teach kids, dealing with parents will be hard."

376

Tā shuō nà hǎo, wǒ jiù bāng nǐ bǎ zhè jiāzhǎng quánbù dōu gěi gǎodìng
她说那好，我就帮你把这家长全部都给搞定
She said, "Fine, I will handle the parents."

377

Wǒ shuō nà wǒ chúle dài xiǎohái yǐwài,
我说那我除了带小孩以外，
I added: "Besides teaching kids,

378

qítā nàxiē suǒshì wǒ dōu bù yào zuò,
其他那些琐事我都不要做，
I don't want to do anything else

379

yīnwèi zhèxiē suǒshì huì yǐngxiǎng dào wǒ.
因为这些琐事会影响到我。
because those little tasks might get to me

380

Wǒ kěnéng yǒudeshíhòu wǒ jiù huì tuō de
我可能有的时候我就会拖得
and it would affect

381

ràng wǒ zìjǐ juéde wǒ zhuàngtài yòu bù hǎo le.
让我自己觉得我状态又不好了。
my mental state.

382

Ránhòu tā jiù shuō, nà zhèxiē suǒshì wǒ dōu lái zuò
然后她就说，那这些琐事我都来做
She said, "Then I'll take care of everything else."

What is it like to Suffer from Depression in China?

383

Dàn nǐ shì dāngshí dāng lǎoshī de? Jiāo huàhuà de?

但你是当时当老师的？教画画的？

But you were the teacher, right?

384

En, wǒ lǎogong yě dāng lǎoshī

嗯，我老公也当老师

Yes, and so was my husband.

385

Jiù huàshì lǐ yǒu jǐ gè rén? | Sān gè rén

就画室里有几个人？ | 三个人

How many people worked in that school? | Three.

386

Jiù nǐmen sān ér? | Duì

就你们三儿？ | 对

Just the three of you? | Yes.

387

Xuésheng duō ma?

学生多吗？

Were there many students?

388

Zǒu de shíhòu xuésheng fēicháng duō le,

走的时候学生非常多了，

By the time I left, there were many.

389

yī kāishǐ méiyǒu shénme xuésheng

一开始没有什么学生

But at the beginning, not so many.

390

Wǒmen děngyú shuō shì bǎ zhège jīgòu zuòdào hěn dà le zhīhòu

我们等于说是把这个机构做到很大了之后

We basically grew the business into something huge and then

391

jiù tūrán shuō bù zuò le

就突然说不做了

suddenly decided to leave it.

What is it like to Suffer from Depression in China?

392

Dàgài zuò le duōjiǔ?

大概做了多久?

How long did you run it?

393

Wǔ nián

五年

Five years.

394

Zhè wǔ nián qījiān yīzhí dōu xuésheng bù duō háishi?

这五年期间一直都学生不多还是?

During the five years, were student numbers low the whole time or...?

395

Jiùshì yī kāishǐ xuésheng bù duō, mànman dūn zhe dūn zhe

就是一开始学生不多，慢慢蹲着蹲着

No, the classes started small, but then snowballed into big classes,

396

jiù zài yìqíng qījiān fāzhǎn qilai de.

就在疫情期间发展起来的。

especially during the pandemic.

397

Wǒmen liǎ ba jiàoxué...

我们俩吧教学...

Our teaching...

398

Wǒ zhège zìkuā yīxià, quèshí jiāo de hǎo

我这个自夸一下，确实教得好

Let me brag a bit. We were genuinely good at teaching.

399

Wǒ hěn dǒng xiǎopéngyǒu, suǒyǐ shuō jīběnshàng lái zhèlǐ

我很懂小朋友，所以说基本上来这里

I was good with kids and so, almost every kid who came for a demo class

400

zhǐyào xiǎopéngyǒu lái, tā yīdìng huì liúxià

只要小朋友来，他一定会留下

What is it like to Suffer from Depression in China?

ended up signing.

401

Dāngshí zěnmē yíngxiāo de? Jiù zěnmē zhǎo xuésheng?

当时怎么营销的？就怎么找学生？

How did you market (yourself)? How did you find students?

402

Dōu bù yíngxiāo le

都不营销了

We stopped marketing altogether.

403

Tāmen zìjǐ lái, shì ba?

他们自己来，是吧？

They just came on their own, right?

404

Duì, jiù zhíjiē jiù zài nàr bǎi...

对，就直接就在那儿摆...

Exactly. Just being there...

405

Yī kāishǐ de shíhòu hái xiǎng zhe

一开始的时候还想着

In the beginning we thought about

406

shénme gǎo gǎo huódòng fā fā chuándān

什么搞搞活动发发传单

handling out flyers and running events,

407

hòumian shénme dōu méi zuò, jiù zhíjiē kāi zhe mén

后面什么都没做，就直接开着门

but later, we would just open the door

408

jiù měitiān dōu huì yǒurén jìnlái wèn

就每天都会有人进来问

and people would come in inquiring about our classes

409

ránhòu měitiān dōu yǒurén bàomíng.

What is it like to Suffer from Depression in China?

然后每天都有人报名。
and would then sign up.

410

Nà yínglì gè fāngmiàn hái tǐnghǎo de?
那盈利各方面还挺好的?
Were profits decent?

411

Xiāngdāng hǎo le! Nà zhuànqián hǎoróngyì
相当好了! 那赚钱好容易
More than decent! Making money felt almost too easy.

412

Màidōu yǒu yījùhuà ma
麦兜有一句话嘛
You know that McDull said:

413

wǒ de zhìyuàn shì zuò yī gè xiàozhǎng,
我的志愿是做一个校长,
"My dream is to be a school principal

414

měitiān shōu wán xuésheng de xuéfèi zhīhòu jiù qù chī huǒguō.
每天收完学生的学费之后就去吃火锅。
where I collect tuition every day and then go eat hot-pot."

415

Wa, wǒ juéde wǒ jiù guò shàng Màidōu de shēnghuó
哇, 我觉得我就过上麦兜的生活
I think I was living McDull's dream life!

416

Dāngshí zuìhǎo de shíhou yī gè yuè yǒu duōshao shōurù?
当时最好的时候一个月有多少收入?
At the peak, how much were you making in a month?

417

Jùtǐ yī gè yuè nǐ shuō duōshao qián, wǒ zǐxì suàn yě suàn bùdào
具体一个月你说多少钱, 我仔细算也算不到
I can't give you an exact monthly figure.

418

What is it like to Suffer from Depression in China?

wǒ kěyǐ gàosu nǐ, wǒ yī tiān dàgài shì duōshao qián

我可以告诉你，我一天大概是多少钱

But I can tell you what a day looked like.

419

jǐqiān kuài qián ba yī tiān

几千块钱吧一天

We were making a few thousand yuan a day.

420

Nǐmen zài guónèi qíshí dāngshí shēnghuó

你们在国内其实当时生活

So, back in China,

421

jīnqián shàng lái shuō de huà hái shì tǐng fùzú de

金钱上来说的话还是挺富足的

you two were quite comfortable financially.

422

Xiāngdāng fùyù

相当富裕

More than comfortable!

423

Duì duì duì, xiāngdāng fùyù

对对对，相当富裕

Right, more than comfortable!

424

Wǒ hái shuō de yǒudiǎn qiānxū le

我还说得有点谦虚了

I was too modest.

425

Rìzi tài hǎo guò le

日子太好过了

Life was great!

426

Hěn zīrùn de xiǎo shēnghuó | Duì

很滋润的小生活 | 对

A very cushy life. | Exactly.

What is it like to Suffer from Depression in China?

427

Nà zěnmé huì jiùshì tūránjiān bǎ tā gěi fàngqì le ne?

那怎么会就是突然间把它给放弃了呢?

But why did you suddenly give it all up?

428

Qíshí wǒmen zài kāi huàshì de zhège guòchéng zhōng ne

其实我们在开画室的这个过程中呢

While we were running the art center,

429

yě gǎnshòu dào le hěn duō de bù yóu zì zhǔ

也感受到了很多的不由自主

we often felt constrained.

430

Wǒ yòu shì yī gè bǐjiào mǐngǎn de rén,

我又是一个比较敏感的人,

Plus, I am a very sensitive person.

431

zài jiāshàng nà sān nián dàjiā dōu zhīdào,

再加上那三年大家都知道,

And during those three years (of pandemic), which everyone knows about,

432

ránhòu yǒu hěn duō yuǎnfāng de kūshēng.

然后有很多远方的哭声。

there were many people who suffered.

433

Jiùshì zhèzhǒng láizì yuǎnfāng de zhèzhǒng kūshēng,

就是这种来自远方的这种哭声,

It was the suffering

434

ránhòu zhèzhǒng zhōuwéi de zhèzhǒng tòngkǔ,

然后这种周围的这种痛苦,

and pain that people around us were experiencing

435

yìnzhèng dào wǒmen de shēnshang

印证到我们的身上

which contrasted with our lives

What is it like to Suffer from Depression in China?

436

ràng wǒmen zìjǐ de zhèzhǒng shēnghuó guò de fēicháng de kāixīn,
让我们自己的这种生活过得非常的开心,
and made our easy and happy life

437

yě biànde hǎoxiàng yǒuyīdiǎn méiyǒuyì.
也变得好像有一点没有意义。
seemed somehow meaningless.

438

Wǒ xiǎng zuò xiē shénme, dànshì wǒ zuò bùliǎo
我想做点什么，但是我做不了
I wanted to do something about it, but I couldn't.

439

Nàge shíhou wǒmen liǎng gè jiùshì xùjiǔ a
那个时候我们两个就是酗酒啊
So, we started drinking heavily.

440

Wǒmen bīngxiāng lǐmiàn chúle jiǔ shénme dōu méiyǒu
我们冰箱里面除了酒什么都没有
Our fridge had nothing in it but alcohol.

441

kànqǐlai hǎoxiàng zhuànqián, yòu méiyǒu rén lái bī wǒ
看起来好像赚钱，又没有人来逼我
From the outside we were making easy money and no one was pressuring us.

442

Wǒ yě bù lǐjiě wèishénme
我也不理解为什么
I didn't know why,

443

wǒ jiùshì měitiān kàn xīnwén wǒ jiù fēicháng de tòngkǔ,
我就是每天看新闻我就非常的痛苦,
but I felt really bad reading the news every day.

444

nà kěnéng shì zhèngzhìxìng yìyù.
那可能是政治性抑郁。

What is it like to Suffer from Depression in China?

Maybe it was political depression.

445

Shì nǐ gòngqíng nénglì bǐjiào duō? | Yīnggāi shì de

是你共情能力比较多? | 应该是的

You were very empathetic? | I think so.

446

Qíshí zhè sān nián zhōngjiān ne wèishénme huì dào zhège chéngdù?

其实这三年中间呢为什么会到这个程度?

Actually, why did we become like that during those three years?

447

Jiùshì jīngshén hǎoxiàng jìn le yī gè hēidòng de chéngdù?

就是精神好像进了一个黑洞的程度?

Why did we fall into a spiritual dark hole?

448

Tā yě gēn yī gè shìqíng de fāshēng yǒuguān

它也跟一个事情的发生有关

It was actually triggered by one particular event.

449

Wǒmen yǒu yī gè guānxi fēicháng hǎo de āyí,

我们有一个关系非常好的阿姨,

We had a very close mid-aged female friend

450

tā shì zuò chǒngwù jiùzhù de

她是做宠物救助的

who ran a pet-rescue operation

451

ránhòu zhège āyí ne tā bāngzhù wǒmen hěn duō.

然后这个阿姨呢她帮助我们很多。

and she helped us a lot.

452

Ránhòu tā shì yī gè fēicháng hǎo

然后她是一个非常好

She was really nice

453

érqiě tā shì wǒ jiàn guo de zuì yǒuhuólì de rén

What is it like to Suffer from Depression in China?

而且她是我见过的最有活力的人
and the most energetic person I'd ever met.

454

Tā wǔshí duō suì le, zǒu qǐ lù lái xiàng gè nǚ dàxuéshēng yīyàng de
她五十多岁了，走起路来像个女大学生一样的
Even in her fifties she walked like a college girl.

455

Dànshì hòumian tā dé le fēi huò qí jīn xìng línbāliú
但是后面她得了非霍奇金性淋巴瘤
But later, she developed non-Hodgkin lymphoma,

456

ránhòu wǒ jiù kàn zhe yī gè shēngmìng
然后我就看着一个生命
and I witnessed a life nearing its end,

457

dào le hòuqī bèi zhèzhǒng bìngtòng zhémó de...
到了后期被这种病痛折磨得...
tortured by illness...

458

zuìhòu yīdiǎn zūnyán dōu bù yào
最后一点尊严都不要
and stripped of every shred of dignity.

459

bèi téngtòng zhémó dào jiùshì wánquán yǐjīng bùshì tā le,
被疼痛折磨到就是完全已经不是她了,
The pain completely transformed her into someone else.

460

wǒ bù zhīdào yī gè shénme dōngxi zài tā de shēntǐ lǐbian
我不知道一个什么东西在她的身体里边
Whatever occupied her body no longer felt like her.

461

tā dào zuìhòu tā yě bù tài qīngxǐng
她到最后她也不太清醒
Towards the end, she drifted in and out of lucidity.

462

What is it like to Suffer from Depression in China?

Ránhòu dào hòumian jiùshì shōudào tā de sǐxùn

然后到后面就是收到她的死讯

Later, I received the news that she had passed away.

463

ránhòu zài zhège āyí zǒu le zhīhòu,

然后在这个阿姨走了之后,

After she was gone,

464

wǒ jiù xiànrù le yīzhǒng shēngmìng hēisè de zhuàngtài.

我就陷入了一种生命黑色的状态。

I fell into a dark state of mind.

465

Běنشēn kěnéng zìshēn yě bǐjiào mǐngǎn ma

本身可能自身也比较敏感嘛

Maybe because I was just more sensitive

466

ránhòu yòu jiāshàng nà yòu shì yìqíng qījiān,

然后又加上那又是疫情期间,

and with the pandemic on top of it,

467

suǒyǐ jiùshì hējiǔ a chī dōngxi a

所以就是喝酒啊吃东西啊

I started to drink and eat even more.

468

jiùshì hǎoxiàng mámù de yīyàng

就是好像麻木的一样

Just like that,

469

jiù guò dào le nàge èr líng èr èr nián.

就过到了那个二零二二年。

I lived a numb life until 2022.

470

Qíshí huàshì dāngshí hái fāzhǎn de tǐnghǎo de

其实画室当时还发展得挺好的

Actually, our art center was doing really well at that time.

What is it like to Suffer from Depression in China?

471

Wǒmen jiùshì yǐjīng gēn yī gè xuéjiě, wǒ de xuéjiě

我们就是已经跟一个学姐，我的学姐

We had even struck a deal with a friend from our university

472

tā yě shì zài zhōuwéi kāi huàshì,

她也是在周围开画室，

who also ran an art center close to us.

473

dàn kāi de bùtài hǎo, tā kuài dǎobì le.

但开得不太好，她快倒闭了。

But hers was failing and on the verge of closing.

474

Wǒmen jiù tán hǎo le, wǒmen bǎ tā de dìfang hébìng xiàlai.

我们就谈好了，我们把她的地方合并下来。

We talked it through and decided to merge with her space.

475

Ránhòu hébìng le zhīhòu ne,

然后合并了之后呢，

After the merger,

476

wǒmen jiù xiāngdāngyú shēngjí zuò xiàozhǎng zhīhòu

我们就相当于升级做校长之后

we would essentially level-up to principals,

477

jiù zǒu bù yīyàng de lù le, jiù qǐyèjiā la, guǎnlǐ zhě le

就走不一样的路了，就企业家啦，管理者了

step onto a different track—become entrepreneurs and managers.

478

Qíshí zhège hétong rúguǒ qiān xià ne,

其实这个合同如果签下呢，

As a matter of fact, if we had signed the contract,

479

wǒmen de guīmó jiù yào dào yī nián kěnéng jiùshì yī bǎi duō wàn

我们的规模就要到一年可能就是一百多万

we would have made over a million yuan a year.

What is it like to Suffer from Depression in China?

480

Dànshì qiān hétong de qiányītiān wǎnshang,
但是签合同的前一天晚上,
But the night before signing it,

481

wǒ tūrán yīxià yòu bùduìjìn le.
我突然一下又不对劲了。
I suddenly crashed again.

482

Wǒ zhěng gè rén fēicháng jǔsàng, ránhòu diào rù nàzhǒng shēnyuān,
我整个人非常沮丧, 然后掉入那种深渊,
I plummeted into utter despair, a deep abyss,

483

érqiě wǒ pá bù shànglai
而且我爬不上来
and I couldn't come out.

484

Wǒ juéde yǒu jùdà de wú yìyì gǎn lǒngzhào zhe wǒ
我觉得有巨大的无意义感笼罩着我
A massive sense of meaninglessness overshadowed me.

485

Wèishénme?
为什么?
Why?

486

Wǒ bù xiǎngyào nàge qián
我不想要那个钱
I didn't really want the money.

487

Rúguǒ wǒ yīdàn jìnrù le zhège xúnhuán,
如果我一旦进入了这个循环,
Once I got into that (deal),

488

jiùshì wǒ yào qù gù rén, ránhòu wǒ yào kuòzhāng,
就是我要去雇人, 然后我要扩张,

What is it like to Suffer from Depression in China?

I would have to hire staff, expand the business,

489

wǒ yào gǎo kèchéng tǐxì,
我要搞课程体系,
build a curriculum,

490

wǒ jiù yào duì gèng duō de rén fùzé
我就要对更多的人负责
and take responsibility for more and more people.

491

Dànzi gèng zhòng le?
担子更重了?
Take on a greater burden?

492

Duì, wǒ jiù gèng bù zìyóu le
对, 我就更不自由了
Right, and I would be less free.

493

Wǒ yī kàn wèilái de wǒ zìjǐ, yěxǔ shì yuèláiyuè duō de yuángōng,
我一看未来的我自己, 也许是越来越多的员工,
I looked ahead and saw a future with ever-growing payrolls,

494

ránhòu yuèláiyuè dà de liúshuǐ
然后越来越大的流水
larger cash flows,

495

dànshì zhè shì wǒmen xiǎngyào de ma?
但是这是我们想要的吗?
but was that what we truly wanted?

496

Wǒ bìxū yào mài gèng duō shíjiān chūqù le,
我必须卖更多时间出去了,
I would have to sell even more of my time,

497

wǒ juéde zhège gēn wǒ de chūzhōng bù yīyàng

What is it like to Suffer from Depression in China?

我觉得这个跟我的初衷不一样
which clashed with my original intentions.

498

ránhòu wǒ jiù gēn wǒ héhuǒrén shuō huǎn yī huǎn,
然后我就跟我合伙人说缓一缓,
So I told my partner to give me a few days

499

ràng wǒ xiān xiǎng jǐtiān
让我先想几天
to think about it.

500

Wǒ nà jǐtiān jiù dòng bùliǎo, ránhòu wǒ jiù zhēnde shì...
我那几天就动不了, 然后我就真的是...
During those days I couldn't move; I literally...

501

Wǒ gēn wǒ lǎogong yě shì shēnshēn de tán le jǐtiān,
我跟我老公也是深深地谈了几天,
My husband and I talked for days on end.

502

wǒ juéde wǒ yào jiějué zhège shìr, wǒ bùkěnéng yīzhí tǎng zài zhèlǐ.
我觉得我要解决这个事儿, 我不可能一直躺在这里。
I knew I had to solve this and couldn't just lie in bed forever.

503

Ránhòu wǒ jiù yòu nǎozǐ lǐmiàn...
然后我就又脑子里面...
My mind (started telling me):

504

Táo, kuài táo, ránhòu wǒ jiù xiǎng lái Tàiguó
逃, 快逃, 然后我就想来泰国
"Run, run away!" So, I had the idea of coming to Thailand.

505

Zěnmé huì jiù tūránjiān xiǎngdào Tàiguó ne?
怎么会就突然间想到泰国呢?
Why did you suddenly think about Thailand?

506

What is it like to Suffer from Depression in China?

Jiù nǎozi lǐbian jiù yī gè shēngyīn, shuō kuài táo

就脑子里边就一个声音，说快逃

A single voice inside kept shouting, "Run!"

507

Kuài táo, nà qù nǎlǐ ne?

快逃，那去哪里呢？

But run to where?

508

Wǒ zhǐ chū guo yīcì guó, jiùshì lái Tàiguó

我只出过一次国，就是来泰国

I'd only been abroad once and that was Thailand.

509

Wǒ yī kāishǐ shuō de shì,

我一开始说的是，

My initial goal had been

510

wǒ xīwàng wǒ de shíjiān yuèláiyuè zhíqián,

我希望我的时间越来越值钱，

to have my time become more valuable

511

ránhòu wǒ kěyǐ yuèláiyuè shǎo de mài wǒ de shíjiān,

然后我可以越来越少地卖我的时间，

so I could have a decent living selling less of it,

512

dànshì wǒ zhuīqiú de hái shì qián.

但是我追求的还是钱。

but that was still pursuing money.

513

Nàge shíhou wǒmen jiù lǐ qīngchu le,

那个时候我们就理清了，

At that moment we figured out that

514

qián shì gōngjù, qián shì shǒuduàn, bùshì mùdì

钱是工具，钱是手段，不是目的

money is just a tool, a means, never the end.

What is it like to Suffer from Depression in China?

515

Wǒmen zuìzhōng yǒu yī gè mùdì, qíshí shì zìyóu

我们最终有一个目的，其实是自由

Our true goal was freedom.

516

Wǒ xīwàng wǒ mài de shíjiān yuèláiyuè shǎo,

我希望我卖的时间越来越少，

The initial reason I wanted to sell less and less of my time

517

yě shì wǒ duì zìyóu de zhuīqiú ma

也是我对自由的追求嘛

was to ultimately pursue freedom.

518

Nàge shíhou wǒmen jiù xiǎng míngbai le yī jiàn shìqing

那个时候我们就想明白了一件事情

At that moment we realized one thing:

519

cóng nàshíhou kāishǐ qǐ,

从那时候开始起，

from that point on,

520

ràng wǒmen yuèláiyuè zìyóu de shìqing, wǒmen jiù dōu qù zuò

让我们越来越自由的事情，我们就都去做

if it's something that makes us more free, we will go ahead and do it,

521

ràng wǒmen yuèláiyuè bù zìyóu de shìqing, wǒmen jiù bù qù zuò

让我们越来越不自由的事情，我们就不去做

and vice versa.

522

Dāng xuǎnzé láilín de shíhou, jiù yǐ zhège wéi biāogān qù zuò xuǎnzé.

当选择来临的时候，就以这个为标杆去做选择。

When we need to make a choice, we will use that as the criteria.

523

Nǎpà qián zài duō? | Duì

哪怕钱再多？ | 对

Even if the money is huge? | Yes.

What is it like to Suffer from Depression in China?

524

Zhè shì yī gè fēicháng fēicháng jiǎndān de shìqíng le

这是一个非常非常简单的事情了

Things became very simple.

525

Ránhòu wǒ jiù gēn wǒ de héhuǒrén shuō,

然后我就跟我的合伙人说,

So I told my partner,

526

wǒ bùxiǎng zài guónèi zài dāi le

我不想在国内再待了

"I don't want to stay in China,

527

wǒ xiǎng chūqù kànkàn, ránhòu wǒ yào qù Tàiguó shēnghuó

我想出去看看, 然后我要去泰国生活

and I want to go abroad and live in Thailand."

528

Tā zhènjīng ba?

她震惊吧?

Was she shocked?

529

Duì a, yīnwèi mǎshàng yào qiān hétóng le

对啊, 因为马上就要签合同了

Of course! Right before signing

530

bǎiwàn le | Liàotiāozi zhèhuìr

百万了 | 撂挑子这会儿

a multimillion-yuan contract. | You suddenly walked away.

531

nàge shénme shùjù dōu lā de fēicháng de qīngchu le,

那个什么数据都拉得非常的清楚了,

It was clearly projected that

532

jiùshì zhǐyào zuò kěndìng jiùshì zhèyàng de.

就是只要做肯定就是这样的。

What is it like to Suffer from Depression in China?

if we continued with the business, (we would have made a million yuan a year).

533

Ránhòu wǒ héhuǒrén dāngshí tīng le zhège shì zhīhòu,
然后我合伙人当时听了这个事之后,
After listening to our decision,

534

tā fēicháng de yánsù, yīnwèi tā shì yī gè rènzhēn de rén
她非常地严肃, 因为她是一个认真的人
she took it very seriously.

535

Tā jiù fēicháng rènzhēn de gēn wǒ shuō, tā shuō nǐ gěi wǒ sān tiān shíjiān
她就非常认真地跟我说, 她说你给我三天时间
She told me to give her three days

536

wǒ huíqu sīkǎo yīxià, ránhòu tā jiù huíjiā le
我回去思考一下, 然后她就回家了
to think about it, and then she went home.

537

qíshí zhè sān tiān wǒmen dōu fēicháng mòqì de méiyǒu shuō zhège shì.
其实这三天我们都非常默契地没有说这个事。
During those three days, we deliberately avoided the topic.

538

Nàtiān wǎnshàng xià le kè zhīhòu,
那天晚上下了课之后,
One night, after class

539

tā shuō nà wǒmen děngxià kāi gè huì
她说那我们等下开个会
she said: "Let's have a meeting."

540

Wǒ jiù zhīdào yào shuō zhège shì le,
我就知道要说这个事了,
I knew she was going to discuss this matter

541

ránhòu wǒ de héhuǒrén shuō le yīxiē ràng wǒ zhè bèizi dōu huì gǎnjī tā,

What is it like to Suffer from Depression in China?

然后我的合伙人说了一些让我这辈子都会感激她,
and she said something to us that I'll be grateful for the rest of my life

542

érqiě wǒ fēicháng gǎndòng de huà.
而且我非常感动的话。
and that moved me deeply.

543

Tā shuō zài tā xiàng wǒ zhège niánjì de shíhou,
她说在她像我这个年纪的时候,
She told me that when she was our age

544

tā yě xiǎngyào chūqù kànkàn,
她也想要出去看看,
she had wanted to see the world

545

tā yě xīwàng yǒurén qù zhīchí tā.
她也希望有人去支持她。
and had wished someone would have supported her.

546

Suǒyǐ xiànzài wǒmen liǎng gè tíchū le zhège qǐngqiú,
所以现在我们两个提出了这个请求,
Now that we'd made this request,

547

tā xīwàng nénggòu chéngwéi zhīchí wǒmen de rén,
她希望能够成为支持我们的人,
she wanted to be the one to support us.

548

suǒyǐ tā yuànyì ràng wǒmen zǒu
所以她愿意让我们走
She would let us go.

549

shuō rúguǒ yǒu shénme wèntí dehuà, wǒmen yīqǐ lái jiějué
说如果有什么问题的话, 我们一起来解决
If any problems arose, we'd solve them together.

550

What is it like to Suffer from Depression in China?

ránhòu gěi sān gè yuè de shíjiān gěi tā guòdù,
然后给三个月的时间给她过渡,
She asked for three months to make this transition

551

tā yuànyì chéngdān qilai zhè yīqiè.
她愿意承担起来这一切。
and then, she would handle it alone.

552

Jiù tā yīgèrén lái bàn zhège xuéxiào? | En
就她一个人来办这个学校? | 嗯
She would run the school by herself? | Yes.

553

Wǒmen jiù gēn jiā lǐmiàn rén shuō le,
我们就跟家里面人说了,
Then, we told our family about it

554

jiā lǐmiàn rén yě tǐng shénqí de
家里面人也挺神奇的
and amazingly,

555

jiùshì wǒ bà wǒ mā kěnéng juéde, rénjiā bànmā dōu tóngyì le,
就是我爸我妈可能觉得, 人家爸妈都同意了,
my dad and mom probably thought, since (my husband's) parents had agreed,

556

nà zhǐnéng zǒu le.
那只能走了。
that they should just let us go.

557

Tā bànmā kěnéng juéde, nà nàbian fùmǔ dōu méi shuō shénme...
他爸妈可能觉得, 那那边父母都没说什么...
His parents probably also thought, since my parents hadn't said anything...

558

Jiéguǒ qíshí liǎngbiān dōu zài děng duìfāng de fùmǔ, shì ma?
结果其实两边都在等对方的父母, 是吗?
Maybe parents from both sides were waiting for the response of the other, right?

What is it like to Suffer from Depression in China?

559

Duì, yīnwèi wǒmen fùmǔ píngshí liánxì de bùshì hěn duō

对，因为我们父母平时联系得不是很多

Right, our parents don't usually talk to each other.

560

Nà tāmen bùhuì juéde shuō,

那他们不会觉得说，

Wouldn't they ask you

561

nǐ fàngqì zhème dà de shìyè, zhíde ma?

你放弃这么大的事业，值得吗？

if giving up such a big career was really worth it?

562

Zhè shìbùshì tài cāngcù le tài cǎoshuài le?

这是不是太仓促了太草率了？

Wasn't it too hasty, or too reckless?

563

Tāmen kěndìng yǒu zhè fāngmiàn de xiǎngfǎ

他们肯定有这方面的想法

They must have had those thoughts.

564

Wǒ lǎogong de bàba fēicháng yǒu yǔyán yìshù

我老公的爸爸非常有语言艺术

My father-in-law has a real gift with words.

565

Tā shuō, nà nǐmen chūqù kànkàn ba

他说，那你们出去看看吧

He said, "Go out to the world and have a look.

566

Chūqù chī diǎn kǔ, jiù zhīdào jiā lǐbian yǒu duō tián le

出去吃点苦，就知道家里边有多甜了

Go taste some bitterness, and you'll know how sweet home is!"

567

Fǎnzhèng wǒmen jiùshì yě méiyǒu shòudào shénme zǔlán

反正我们就是也没有受到什么阻拦

In any case, we didn't meet any resistance.

What is it like to Suffer from Depression in China?

568

érqiě wǒ juéde yìqíng gǎibiàn le hěn duō rén de shēngsǐ guān

而且我觉得疫情改变了很多人的生死观

Also, I think the pandemic changed many people's views

569

yǐjí rénshēng guān

以及人生观

on life and death.

570

Zài nàge zhuàngtài zhīxià, fùmǔ qíshí yě bìngbù juéde

在那个状态之下，父母其实也并不觉得

In that situation, parents didn't necessarily feel

571

nǐ xiànzài yōngyǒu de zhèxiē dōngxi

你现在拥有的这些东西

that the things we had were

572

jiùshì fēicháng zhíde nǐ jiù tóurù yīshēng jìnqu.

就是非常值得你就投入一生进去。

so valuable that we must devote our whole life to them.

573

Kěnéng tā gèng yuànyì jiēshòu wǒmen shuō,

可能他更愿意接受我们说，

They adopted the idea that

574

rén yào chūqù kànyīkàn de zhèzhǒng xiǎngfǎ

人要出去看一看的这种想法

people should go out and see the world.

575

Kěnéng nà duàn shíjiān huì ràng hěn duō rén yìshí dào

可能那段时间会让很多人意识到

Maybe that period (the pandemic) made many realize

576

sǐwáng bìng bùshì zhǐyǒu dào le qīlǎobāshí cái fāshēng

死亡并不是只有到了七老八十才发生

What is it like to Suffer from Depression in China?

that death doesn't only happen when you're seventy or eighty.

577

Duì, kěnéng jiùshì míngtiān

对，可能就是明天

Right, it could be tomorrow.

578

Duì, nà wèishénme bù chèn xiànzài qù zuò xiǎng zuò de shìr?

对，那为什么不趁现在去做想做的事儿？

So why not do what you want to do now?

579

Duì, jiù bù ràng zìjǐ liúxià yíhàn

对，就不让自己留下遗憾

Right, so you won't be left with regrets.

580

Nà fùmǔ dāngshí zhīdào nǐ de zhège zhuàngkuàng ma?

那父母当时知道你的这个状况吗？

Did your parents know about your (mental) situation at the time?

581

Bù zhīdào, wǒ méiyǒu shuō guo

不知道，我没有说过

They didn't know. I never told them.

582

Dànshì wǒ juéde, wǒ māma yīnggāi yǐnyuē zhīdào yǒuxiē shénme

但是我觉得，我妈妈应该隐约知道有些什么

But my mom probably sensed something.

583

Wǒ juéde tā rénshēng tàidu jiùshì

我觉得她人生态度就是

I think her philosophy is that

584

rúguǒ biéren bùxiǎng ràng tā zhīdào, tā jiù bù zhīdào.

如果别人不想让她知道，她就不知道。

if someone doesn't want her to know something, she will remain silent.

585

Nà wǒ kěndìng shì bù xīwàng fùmǔ zhīdào,

What is it like to Suffer from Depression in China?

那我肯定是不希望父母知道,
Of course I didn't want my parents to know,

586

yīnwèi tāmen bìngbù néng tígōng yǒuxiào de bāngzhù
因为他们并不能提供有效的帮助
because they couldn't offer any effective help anyway.

587

Fǎn'ér hái huì... | Dānxīn shénmede
反而还会... | 担心什么的
Instead they would just... | They would worry?

588

Duì, hái huì dānxīn
对, 还会担心
Right, they'd just worry.

589

yóuqí wǒ bàba,
尤其我爸爸,
Especially my dad,

590

tā shì yī gè bùshì hěn nénggòu lǐjiě zhèxiē shìqíng de rén
他是一个不是很能够理解这些事情的人
he is someone who cannot really understand these things.

591

Nǐ juéde guó nèi de shèhuì duì yìyùzhèng
你觉得国内的社会对抑郁症
In your opinion, how does society in China view depression

592

huòzhě shuō qítā yīxiē xīnlǐ jiànkāng wèntí de rènzhī zěnmeyàng?
或者说其他一些心理健康问题的认知怎么样?
or other mental health issues?

593

Fēicháng cūbào
非常粗暴
Very crudely.

594

What is it like to Suffer from Depression in China?

Shénme yìsi?

什么意思?

What do you mean by that?

595

Wǒ qíshí yīzhí bù gǎn qù yīyuàn quèzhěn

我其实一直不敢去医院确诊

I never dared go to a hospital for an official diagnosis.

596

Bù tài gǎn qù quèzhěn de yuányīn shì

不太敢去确诊的原因是

The reason I didn't go was because

597

qíshí tā kěnéng huì yǐngxiǎng dào wǒ de rìcháng shēnghuó.

其实它可能会影响到我的日常生活。

it might actually affect my daily life.

598

Yī kāishǐ wǒ shàng dàxué de shíhou,

一开始我上大学的时候,

Back when I started university,

599

wǒmen jiù zuò nàge xīnlǐ cèshì de liángbiǎo.

我们就做那个心理测试的量表。

we had to take psychological screening tests

600

Xiěwán zhīhòu, zhège wèntí bǐjiào dà de tóngxué

写完之后, 这个问题比较大的同学

and after that, the students whose results looked problematic

601

jiù huì bèi jiào dào nàge xuéxiào de xīnlǐ fǔdǎo shì,

就会被叫到那个学校的心理辅导室,

were called to the school's counseling center.

602

ránhòu jiù yǒu lǎoshī zhòngdiǎn guānzhù.

然后就有老师重点关注。

Then the teachers would single them out for special attention.

What is it like to Suffer from Depression in China?

603

Nǐ shì bù tài xiǎngyào bèi guānzhù?

你是不太想要被关注?

You didn't want that attention?

604

Jiùshì wǒ juéde qíshí bìng méiyǒu bāngzhù,

就是我觉得其实并没有帮助,

Honestly, I don't think it really helps.

605

dànshì zhèzhǒng guānzhù fǎn'ér huì zàochéng yā lì.

但是这种关注反而会造成压力。

That kind of attention only creates more stress.

606

Wǒ rènwéi zhè shì kěnéng shì xuéxiào huòzhě shì shuō zhège jí tǐ,

我认为这是可能是学校或者是说这个集体,

I believe the school or any institution like it—

607

tā bìngbù xiǎng chéngdān zhè fāngmiàn de zérèn,

它并不想承担这方面的责任,

doesn't want to take responsibility for these issues,

608

suǒyǐ tā yào qīdào jiānkòng de zuòyòng,

所以它要起到监控的作用,

so they just want to monitor you.

609

qíshí bìng bùshì lái bāngzhù rén de.

其实并不是来帮助人的。

It's not about helping the person at all.

610

Érqiě wǒ yīnwèi zìjǐ yǒu zhè fāngmiàn de nánshòu de gǎnjué,

而且我因为自己有这方面的难受的感觉,

In addition, since I had these distressing symptoms,

611

wǒ yě qù bàomíng ránhòu zìxué xuéxí le nàge guójiā xīnlǐ zīxún shī

我也去报名然后自学学习了那个国家心理咨询师

I enrolled and studied the national psychological-counselor curriculum.

What is it like to Suffer from Depression in China?

612

Wǒ zài xuéxí de guòchéng zhōng,
我在学习的过程中,
While studying,

613

wǒ jiù fāxiàn zhèxiē zhìliáo de zhèxiē nèiróng ba
我就发现这些治疗的这些内容吧
I realized the treatments in the program

614

háishi yǒuyīxiē bǐjiào luòhòu,
还是有一些比较落后,
were rather outdated

615

bù tài nénggòu shìyòng yú dāngxià de zhèzhǒng wèntí
不太能够适用于当下的这种问题
and were not suitable for problems that people have now.

616

ránhòu yǐjī xiànzài yīyuàn kāiyào yuèláiyuè suíyì le
然后以及现在医院开药越来越随意了
Also, hospitals nowadays are becoming increasingly casual about prescribing drugs
(for mental issues).

617

Wǒ shàngcì qù wǒ péngyou jiā lǐmiàn
我上次去我朋友家里面
The last time I visited my friend's place,

618

wa, tā jiā lǐmiàn shénme jīngshén lèi de yàowù dōu yǒu
哇，她家里面什么精神类的药物都有
wow—her home was stocked with all kind of psychiatric drugs.

619

tā shuō qù yīyuàn jiùshì yī gè yīshēng,
她说去医院就是一个医生,
She said she would go to a hospital,

620

yī gè yīshēng yītào shuōfa,

What is it like to Suffer from Depression in China?

一个医生一套说法,
and each doctor would give her a different diagnosis

621

ránhòu jiù huì kāi bùtóng de yào.
然后就会开不同的药。
and then prescribe different drugs.

622

Wǒ juéde xiànzài hěn duō shíhòu kěnéng rénmen tài guòyú xìnren yàowù le,
我觉得现在很多时候可能人们太过于信任药物了,
I think nowadays people seem to place too much trust in medication,

623

ér wǒ zìjǐ bùshì nàzhǒng fēicháng xìnren yàowù de.
而我自己不是那种非常信任药物的。
whereas I'm not someone who trusts pills that much.

624

Bǐjiào xìngyùn de shì zài wǒ bàofā zhège zhèngzhuàng de shíhòu,
比较幸运的是在我爆发这个症状的时候,
I was actually lucky that when my symptoms first flared up,

625

qíshí wǎngluò shàngmiàn, zhèzhǒng yúlùn shàngmiàn
其实网络上, 这种舆论上面
the online discourse and public opinion

626

hái méiyǒu xiàng xiànzài de zhè yī gǔ fēngcháo
还没有像现在的这一股风潮
hadn't yet reached the current trend

627

jiùshì bǎ yìyùzhèng rúcǐ de fàn huà,
就是把抑郁症如此地泛化,
of turning depression into an all-purpose label

628

ránhòu jiùshì bǎ zhège bìngzhèng rúcǐ de fàn huà
然后就是把这个病症如此地泛化
that explains everything.

629

What is it like to Suffer from Depression in China?

Fàn huà shì zhǐ?

泛化是指?

What do you mean by that?

630

Jiù shénme dōu néng wǎng shàngmiàn chě

就什么都能往上面扯

Anything and everything gets labelled

631

shénme dōu néng wǎng yìyù shàngmiàn chě

什么都能往抑郁上面扯

as depression.

632

xiànzài zuìjìn xiǎo hóng shū yīzhí zài gěi wǒ tuī ADHD,

现在最近小红书一直在给我推 ADHD,

Recently, Red Note's algorithm keeps suggesting posts about ADHD to me,

633

jiùshì yuè kàn yuè xiàng zìjǐ.

就是越看越像自己。

and the more I read them, the more I think I have it too.

634

Quèshí, jiùshì yǒudeshíhòu,

确实，就是有的时候，

Indeed, sometimes

635

wǒmen kěnéng hěn duō rén dōu huì yǒu zhèyàng de tǐyàn

我们可能很多人都会有这样的体验

many of us have that experience:

636

nǐ juéde nǎlǐ nánshòu le, ránhòu nǐ qù wǎngshàng yī chá

你觉得哪里难受了，然后你去网上一查

you feel something is off, you search online,

637

wa, fāxiàn zìjǐ hǎo yánzhòng | Wǒ dé áizhèng le

哇，发现自己好严重 | 我得癌症了

and suddenly, "Wow, it's super serious!" | "I got cancer!"

What is it like to Suffer from Depression in China?

638

Duì duì duì, nǎo ái le

对对对，脑癌了

Right, brain tumor.

639

Wa, zhège zhèngzhuàng wǒ yě yǒu, zhèzhǒng | Duì duì duì

哇，这个症状我也有，这种 | 对对对

"Wow, I have those symptoms too." | Exactly.

640

Jiùshì yǐqián kěnéng zhǐshì zhège shēntǐ fāngmiàn de zhèzhǒng

就是以前可能只是这个身体方面的这种

In the past it was mainly physical symptoms,

641

xiànzài jīngshén fāngmiàn yě shì chàbuduō de.

现在精神方面也是差不多的。

now the same thing happens with mental ones.

642

Wǒ jiù qù yīyuàn kànbìng,

我就去医院看病，

As soon as I go to the hospital,

643

yī qù jiù quèzhěn, quèzhěn jiù kāiyào.

一去就确诊，确诊就开药。

it's a diagnosis, then straight to a prescription.

644

Wǒ dāngshí yīnwèi wǒ yǒu péngyou

我当时因为我有朋友

At the time, I had a friend

645

tā shì zài Niǔyuē nàbian de dàxué lǐbian

他是在纽约那边的大学里边

studying to be a psychologist

646

jiùshì xuéxí zhège xīnlǐ yīshēng

就是学习这个心理医生

at a university in New York,

What is it like to Suffer from Depression in China?

647

ránhòu tā jiù gěi wǒ tuījiàn le yīdiǎn yàowù ràng wǒ shìyòng yīxià.

然后他就给我推荐了一点药物让我试用一下。

and he suggested a couple of medications for me to try.

648

Qíshí yě suànshì yīshēng de jiànyì, zūnyīzhǔ ba

其实也算是医生的建议，遵医嘱吧

Technically, I was following a doctor's recommendation,

649

dànshì wǒ wánquán bù tuījiàn rèn hé rén xiàng wǒ zhèyàng

但是我完全不推荐任何人像我这样

but I absolutely do NOT recommend anyone do what I did.

650

Wǒ zhēnde dǎnzi tài dà le

我真的胆子太大了

I was way too reckless.

651

ránhòu jiù chī le, chī le jiù fēicháng de nánshòu.

然后就吃了，吃了就非常的难受。

I took (the drugs he recommended), and felt absolutely awful.

652

Shénme fǎnyìng?

什么反应？

What kind of reaction?

653

Zhěng gè rén hūn hūn de, xiàng gēn shìjiè gé le yīcéng máobōli

整个人昏昏的，像跟世界隔了一层毛玻璃

I felt drowsy, like there was a frosted glass pane between me and the world.

654

Jiù méishénme gǎnjué le, shì ma?

就没什么感觉了，是吗？

So you felt nothing?

655

Wǒ gǎnjué yǒu yīzhǒng diànyǐng gǎn

我感觉有一种电影感

What is it like to Suffer from Depression in China?

It felt as if I was in a movie.

656

Wǒ jiùshì juéde wǒ zhōuwéi de yīqiè dōu shì zài fàng diànyǐng ba

我就是觉得我周围的一切都是在放电影吧

Everything around me seemed to be playing on a screen—

657

dànshì tā yòu méiyǒu nàme...

但是它又没有那么...

but it wasn't quite...

658

Jiùshì zhēnzhèng de jiùshì nàzhǒng huànjué

就是真正的就是那种幻觉

It was hallucinations.

659

Jiù móhu ma?

就模糊吗?

Everything was blurry?

660

Duì, wǒ juéde wǒ gēn zhège shìjiè hǎoxiàng gé zhe yī céng máobōli

对, 我觉得我跟这个世界好像隔着一层毛玻璃

Right, it was as if a layer of frosted glass separated me from the world.

661

Ránhòu jiānchí chī le yī duàn shíjiān zhīhòu juéde hái shì...

然后坚持吃了一段时间之后觉得还是...

I took them for a while, then decided...

662

Wǒ bù tuījiàn rèn hé rén xiàng wǒ zhèyàng

我不推荐任何人像我这样

I don't recommend anyone follow my example.

663

Wǒ zhǐshì wǒ zìjǐ zǒu guo yīxiē zhèzhǒng wùqū

我只是我自己走过一些这种误区

I've stumbled through some mistakes myself and...

664

Juéduì juéduì bùyào zìjǐ yòng yào!

What is it like to Suffer from Depression in China?

绝对不要自己用药!

Please do not self-medicate!

665

Ránhòu yīnwèi wǒ zhīqián yǒu guo nàxiē jīnglì ma, shàitàiyáng shài hǎo le
然后因为我之前有过那些经历嘛，晒太阳晒好了

Based on my earlier experiences, sunbathing helped a lot.

666

suǒyǐ wǒ juéde zhège tàiyáng duì wǒ hěn zhòngyào
所以我觉得这个太阳对我很重要

I realized sunlight

667

ránhòu dàzìrán duì wǒ hěn zhòngyào.

然后大自然对我很重要。

and nature is vital for me.

668

Suǒyǐ wǒ hòumian jiù xúnqiú zhè fāngmiàn de zhèzhǒng liáoyù ba
所以我后面就寻求这方面的这种疗愈吧

So later, I looked for healing in those directions.

669

Nà nǐ juéde jiùshì guónèi zhège shèhuì

那你觉得就是国内这个社会

Do you think Chinese society

670

duìyú yìyùzhèng yǒuméiyǒu shénme wùjiě?

对于抑郁症有没有什么误解?

has any misunderstandings on depression?

671

Zhè dōu lǎoshēngchángtán de le

这都老生常谈的了

People have talked about this a lot.

672

Jiùshì dàjiā dōu juéde nǐ xiǎngkāi jiù hǎo le,

就是大家都觉得你想开就好了，

People think that you will be fine if you think it through

673

What is it like to Suffer from Depression in China?

yìyùzhèng shì yīnwèi xiǎngbukāi

抑郁症是因为想不开

as if depression stems from having a negative mindset.

674

Qíshí wǒ kànqǐlái shì yī gè tǐng xiǎngdekāi de rén,

其实我看起来是一个挺想得开的人,

Actually I look like someone who's pretty positive,

675

wǒ zìjǐ wǒ yě juéde wǒ shì gè fēicháng xiǎngdekāi de rén.

我自己我也觉得我是个非常想得开的人。

I believe I am like that as well.

676

Jiùshì gèzhǒng dàoli... jiùshì dàoli wǒ dōu dǒng,

就是各种道理... 就是道理我都懂,

Rationally, I understand what to do,

677

dànshì shēntǐ shì hěn zhíguān de

但是身体是很直观的

but my body reacts differently.

678

Tā biǎoxiàn chūlai de zhège fēicháng zhíguān de jiùshì yǒu wèntí a

它表现出来的这个非常直观的就是有问题啊

It shows, very directly, that something is wrong

679

érqiě zhège bìng bùshì shuō wǒ xiǎngdekāi jiù xíng de

而且这个并不是说我想得开就行的

and it's not something that "thinking it through" can fix.

680

jiù xiàng wǒ tǎng zài nàlǐ, méiyǒu rènhé de zhǔguān néngdòngxìng,

就像我躺在那里, 没有任何的主观能动性,

When I'm lying there with zero motivation,

681

bùshì shuō chī diǎn xīnlíng jītāng wǒ jiù néng zhènzhuò qilai

不是说吃点心灵鸡汤我就能振作起来

no amount of motivational speech can make me get up.

What is it like to Suffer from Depression in China?

682

érshì tā zhēnde yǒu zhèyàng de zhèngzhuàng

而是它真的有这样的症状

I just experienced those symptoms.

683

Yǒu chángshì guo chī xīnlíngjītāng ma?

有尝试过吃心灵鸡汤吗?

Have you ever tried reading motivational books?

684

Wǒ kàn hěn duō de shū

我看很多的书

I read tons of books.

685

Wǒ juéde qíshí rúguǒ rén shāowēi wúzhī yīdiǎn yě tǐng xìngfú de.

我觉得其实如果人稍微无知一点也挺幸福的。

I actually think a little ignorance can be a bliss.

686

Jiùshì bù kàn nàme duō de dōngxi, bù sīkǎo nàme duō,

就是不看那么多的东西，不思考那么多，

If you don't read and think so much,

687

nàme jiǎndān de xīnlíngjītāng kěnéng jiù néng ràng rén zhènfèn qilai.

那么简单的心灵鸡汤可能就能让人振奋起来。

simple motivational quotes might actually motivate you.

688

Dànshì duìyú zhèzhǒng xūwú de wèntí,

但是对于这种虚无的问题，

But for existential questions,

689

duìyú zhèzhǒng tòngkǔ, sīkǎo de yuè duō,

对于这种痛苦，思考得越多，

if you're someone who thinks about this a lot,

690

nà jiùshì nàzhǒng jiǎndān de xīnlíngjītāng,

那就是那种简单的心灵鸡汤，

these simple motivational speeches

What is it like to Suffer from Depression in China?

691

jiù yuè shì hē bùdào nàge xīn lǐmiàn qù.

就越是喝不到那个心里面去。

just won't help.

692

Nà nǐmen dāngshí duì Qīngmài de shēnghuó shì yǒu shénme jìhuà de ma?

那你们当时对清迈的生活是有什么计划的吗？

So when you moved to Chiang Mai, what plans did you have?

693

Shì lái le gànma ne? Háishi jiùshì lái xiūxi

是来了干嘛呢？还是就是来休息

Was it for something specific, or just to rest?

694

Wǒmen yī kāishǐ zài zhèlǐ suàn shì tǎngpíng,

我们一开始在这里算是躺平，

At first we basically lied flat

695

tǎng le yǒu chàbuduō yīnián duō

躺了有差不多一年多

and did that for over a year.

696

Kāixīn ma? | Chāojí kāixīn

开心吗？ | 超级开心

Did you feel happy? | Super happy!

697

Jiùshì měitiān shàitàiyáng

就是每天晒太阳

Every day, we were sunbathing.

698

Jiùshì wǒmen láidào zhèlǐ, hǎoxiàng zhīqián nàxiē quánbù dōu diūdiào le

就是我们来到这里，好像之前那些全部都丢掉了

Once we came here, we felt like we had unloaded

699

jiù xiàng rēng le yī gè bāofu yīyàng | Qīngsōng le ba

就像扔了一个包袱一样 | 轻松了吧

What is it like to Suffer from Depression in China?

all the heavy burdens off us. | You felt relaxed.

700

Duì, bèihòu shénme dōu méiyǒu le

对，背后什么都没有了

Yes, nothing left on our backs.

701

Měitiān dōu shì zài dà zìrán lǐbian

每天都是在大自然里边

Every day, we immersed ourselves in nature

702

Jiù měitiān yǒu bù yòng de chǎngsuǒ kěyǐ qù tàn suǒ

就每天有不用去的场所可以去探索

and there were many places for us to explore.

703

ránhòu jiù juéde gǎnshòu dào fēicháng dà de gǎndòng

然后就觉得感受到非常大的感动

I felt moved

704

wǒ juéde zhège chéngshì méiyǒu rèn hé

我觉得这个城市没有任何

because I didn't feel any rejection

705

ràng wǒ gǎndào wǒ bèi páichì de dìfang.

让我感到我被排斥的地方。

from this city.

706

Qíshí wǒ fǎnsī guo zhège shìqing

其实我反思过这个事情

Actually, I've reflected on this.

707

kěnéng yīnwèi wǒmen shì wàiguórén.

可能因为我们是外国人。

Maybe because we're foreigners (in Thailand)

708

Jiù tā de shèhuì wèntí qíshí bù yòng wǒmen fùdān

What is it like to Suffer from Depression in China?

就它的社会问题其实不用我们负担
and so, its social problems don't really burden us.

709

Bùhuì yǐngxiǎng dào nǐ | Duì
不会影响到你 | 对
They don't affect you. | Right.

710

Ránhòu wǒ xīwàng wǒ néng zuò hěn duō hǎo shìr
然后我希望我能做很多好事儿
Also, I hope I can do a lot of good things

711

Zài zhèlǐ zuò hǎoshì tài róngyì le
在这里做好事太容易了
and doing good here is so easy.

712

Qù jiùzhù biéren, qù gū'éryuàn
去救助别人，去孤儿院
You can go to orphanages and help others.

713

Wǒmen mǎi yī dà duī dōngxi qù gěi nàxiē gū'éryuàn
我们买一大堆东西去给那些孤儿院
We buy a lot of stuff and take it to the orphanages.

714

Wǒ méiyǒu qián de shíhou, jiù yǒu péngyou gěi wǒ dǎdiànhuà shuō
我没有钱的时候，就有朋友给我打电话说
When we didn't have money (to help) and friends asked us

715

néng bùnéng yòng nǐ de píkǎ, wǒ xiǎng gěi gū'éryuàn tuō dōngxi.
能不能用你的皮卡，我想给孤儿院拖东西。
to lend them our pick-up because they wanted to deliver things to an orphanage,

716

Nà wǒ fēicháng yuànyì a
那我非常愿意啊
I was more than happy to help.

717

What is it like to Suffer from Depression in China?

Ránhòu gěi rén tuō guòqu, xīnlǐ néng gāoxìng hǎo jǐtiān

然后给人拖过去，心里能高兴好几天

After it was done, I would feel happy for days.

718

Ránhòu qù gǒugōu jiùzhù zhàn, fēicháng de jiǎndān

然后去狗狗救助站，非常的简单

Also, you can go to dog shelters, so it's very simple (to do good things).

719

Wǒ gěi gǒugōu xǐzǎo, gěi gǒugōu wèi chīde

我给狗狗洗澡，给狗狗喂吃的

We would give the dogs baths, feed them,

720

tāmen dōu hěn xǐhuan wǒ

它们都很喜欢我

and they all loved us.

721

Jiùshì zhège shì zuò wán le zhīhòu bù yòng xiǎng le,

就是这个事做完了之后不用想了，

Once the job is done,

722

bù yòng xiǎng hòuxù de yīqiè

不用想后续的一切

I don't need to think about it anymore.

723

érqiě bèi biéren bāngzhù de shíhou,

而且被别人帮助的时候，

Later, when we are the ones being helped,

724

wǒ nèixīn qíshí méiyǒu nàme duō de kǎolǜ huòzhě shì xiǎngfǎ

我内心其实没有那么多的考虑或者是想法

we won't overthink or have any concerns either.

725

Bāng wán le jiù zǒu le

帮完了就走了

Help given, then gone.

What is it like to Suffer from Depression in China?

726

Nà wǒ xià yī cì wǒ pèng dào yī gè rén,

那我下一次我碰到一个人，

The next time when I meet someone who needs help,

727

wǒ yě shì bāng wán tā wǒ jiù zǒu le, wǒ néng gāo xìng yī tiān

我也是帮完他我就走了，我能高兴一天

I will help and walk away, and that will make my day.

728

Zhè ge chéng shì zhēn de hěn shén qí

这个城市真的很神奇

This city is truly magical.

729

wǒ zhù le sān nián zhī hòu,

我住了三年之后，

After living here for three years,

730

wǒ yuè lái yuè gǎn shòu dào zhè zhǒng... Bù shì shuō tā jiù wán měi wú quē,

我越来越感受到这种... 不是说它就完美无缺，

I feel it's more and more... not that it's flawless,

731

tā méi yǒu huài rén, yě yǒu huài rén

它没有坏人，也有坏人

there are bad people,

732

wǒ zài zhè lǐ wǒ yě pèng dào guo nà zhǒng bù tài hǎo de rén a

我在这里我也碰到过那种不太好的人啊

and I've met a few,

733

dàn shì zhè bù zhòng yào, zhòng yào de shì dà bù fen de rén

但是这不重要，重要的是大部分的人

but that's not what matters; what matters is that most people

734

bāo kuò wǒ zhè ge dà bù fen de gǎn shòu

包括我这个大部分的感受

are willing

What is it like to Suffer from Depression in China?

735

dōu shì wǒ gèng yuànyì qù bāngzhù biéren le
都是我更愿意去帮助别人了
to help others.

736

Quèshí, xiàng zài guónèi
确实，像在国内
Indeed, in China,

737

bāngzhù biéren yǒudeshíhòu kǎolù tā huì yǒu shénme dàijià
帮助别人有的时候考虑它会有什么代价
when we help others, we are often concerned if we will end up paying for it

738

wǒ shènzhì huì dānxīn duìfāng huìbùhuì juéde wǒ shì huàirén
我甚至会担心对方会不会觉得我是坏人
or worried if they think we have ulterior motives.

739

wǒ wúyuánwúgù de wǒ gànma yào bāng nǐ?
我无缘无故地我干嘛要帮你?
If not, why would we help them? (That's Chinese logic).

740

Jiù xiàng huíguó... qíshí yǐjīng xíguàn le
就像回国...其实已经习惯了
When I go back to China, actually I've gotten used to...

741

wǒ dāngshí huíguó yǐjīng xíguàn le,
我当时回国已经习惯了,
I've gotten used to,

742

měicì jiàndào rén le | Wēixiào shénmede
每次见到人了 | 微笑什么的
when I see someone... | Smile?

743

wēixiào yíxià, gěi rén diǎn gè tóu dǎ gè zhāohu
微笑一下，给人点个头打个招呼

What is it like to Suffer from Depression in China?

I will smile or nod to greet them.

744

Jiùshì xiào le liǎng cì zhīhòu biéren dōu mò míng qí miào de yǎn shén

就是笑了两次之后别人都莫名其妙的眼神

But after doing that a couple of times (in China), I noticed that others gave me a confused look.

745

Tā jué de nǐ xiǎng gàn má?

他觉得你想干嘛?

They wonder: "What do you want?!"

746

Duì, jiù bǎ wǒ gěi dǎ huí lái le.

对，就把我给打回来了。

Right, so I took back (my smile).

747

Huíqu jiùshì jǐnliàng bù hé biéren duìshì

回去就是尽量不和别人对视

I will try not to look at other people in China.

748

Shìbùshì zhèzhǒng jiùshì láizì mòshēngrén de shànyì

是不是这种就是来自陌生人的善意

Maybe it's the kindness you receive from strangers (in Thailand)

749

qíshí yě zài wúxíngzhōng zhìyù le nǐ

其实也在无形中治愈了你

that cured your (depression)

750

ràng nǐ xīnqíng màn màn de jiùshì huì yuè lái yuè hǎo, yuè lái yuè hǎo

让你心情慢慢的就是会越来越来好，越来越来好

and made you happier and happier?

751

Duì, jiùshì chū mén kàn dào nà me duō de xiào róng,

对，就是出门看到那么多的笑容、

Yes, when you go out and see the smiles,

752

What is it like to Suffer from Depression in China?

yángguāng, lántiān, báiyún yǐjí zhèzhǒng shànyì

阳光、蓝天、白云以及这种善意

the sun, the blue sky and white clouds, as well as experience their kindness,

753

rén hěn nán zài zhèzhǒng nánshòu de gǎnjué lǐbian chénjìn hěn jiǔ

人很难在这种难受的感觉里边沉浸很久

it will be hard to be depressed anymore.

754

Nà nǐ huì duì yě zhèngzài jīnglì

那你会对也正在经历

So what advice would you give to people

755

yìyùzhèng de kùnrǎo de rén yǒu shénme jiànyì?

抑郁症的困扰的人有什么建议?

currently battling depression,

756

Jiù jiǎshè tāmen méiyǒu bànfǎ xiàng nǐmen yīyàng

就假设他们没有办法像你们一样

assuming they can't drop everything

757

bǎ yīqiè dōu fàngqì diào chūguó.

把一切都放弃掉出国。

and move abroad like you did?

758

Shǒuxiān shì rènshi dào zhège wèntí,

首先是认识到这个问题,

First, acknowledge and recognize the problem,

759

ránhòu bù yào tài guòyú qù zài yì tā,

然后不要太过于去在意它,

and then stop obsessing over it.

760

bù yào bǎ suǒyǒu de shìqíng dōu guījié yú zhège shàngmiàn,

不要把所有的事情都归结于这个上面,

Stop attributing everything to it,

What is it like to Suffer from Depression in China?

761

ránhòu jiù bùzài xiàngqián.

然后就不再向前。

and don't stop moving forward just because of it.

762

Rén yìyù de shíhou yě kěyǐ shénme dōu bù zuò děng tā guòqù

人抑郁的时候也可以什么都不做等它过去

When you're depressed, it's okay to do nothing and just wait for it to pass.

763

Děng tā guòqù de shíhou, wǒmen háishi kěyǐ xiàngqián

等它过去的时候，我们还是可以向前

While waiting, we can still inch forward.

764

Nǐ xiànzài shì kāi le yī jiā mínsù?

你现在是开了一家民宿？ |

Currently, you are running a guest house, right?

765

Duì duì, Mushroom Chill House

对对，Mushroom Chill House

Yes, Mushroom Chill House.

766

Yǒu lái Qīngmài xiǎo zhù de,

有来清迈小住的，

If you come to Chiang Mai

767

xiǎngyào qù tǐyàn nàge fēicháng dàzìrán de mù wū de shēnghuó dehuà

想要去体验那个非常大自然的木屋的生活的话

and want to experience a life with nature and wooden houses,

768

kěyǐ qù Mógu jiā xiǎo zhù yīxià

可以去蘑菇家小住一下

you can come to Mushroom's guest house.

769

Huānyíng lái wǒ jiā,

欢迎来我家，

Welcome!

What is it like to Suffer from Depression in China?

770

wǒmen jiā shì yǒu qī dòng chún yòumù dǎzào de fángzi

我们家是有七栋纯柚木打造的房子

We have seven houses constructed of pure teak wood.

771

Dù mù wú gǎnxìngqù de kěyǐ lái wǒmen jiā tīyàn yīxià

对木屋感兴趣的可以来我们家体验一下

If you're interested in wooden houses, you can come and experience them.

772

Háiyǒu xiǎomāo, xiǎogǒu, háiyǒu guìyuán shù, mángguǒ shù

还有小猫、小狗、还有桂圆树、芒果树

There are cats, dogs, dragon fruit and mango trees

773

háiyǒu nàge diàochuáng kěyǐ yáo a yáo

还有那个吊床可以摇啊摇

as well as hammocks!

774

Shìde, wǒ kěyǐ tígōng yīxiē zhàopiàn gěi dàjiā kàn

是的，我可以提供一些照片给大家看

Right, I can provide some photos of my home.

775

Xiànzài háiyǒu zuò qítā de shénme ma?

现在还有做其他的什么吗?

What else are you doing?

776

Háiyǒu... wǒmen xiànzài yǒu yī tào huìběn zài shòu

还有... 我们现在有一套绘本在售

We currently have a picture book for sale.

777

ránhòu zhège huìběn ne shì jiào mànhuà shìshuō xīnyǔ

然后这个绘本呢是叫漫画世说新语

This picture book is titled Manga Shishuo Xinyu

778

lǐmiàn de chātú ne jiùshì yóu wǒ lǎogong gēn wǒ chuàngzuò de

里面的插图呢就是由我老公跟我创作的

What is it like to Suffer from Depression in China?

and the illustrations were created by my husband and I.

779

Ránhòu ne háiyǒu yī gè wǒmen hé péngyou

然后呢还有一个我们和朋友

We also collaborated with a friend

780

qíshí hézuò chū le yī gè shèjìshī kuǎn de dān kuài

其实合作出了一个设计师款的单块

and designed

781

jiùshì jítā xiàoguǒ qì

就是吉他效果器

a guitar effect pedal.

782

Ránhòu xiànzài tā shì yī gè pǐnpái, jiào Klowra

然后现在它是一个品牌，叫 Klowra

It's now a brand called Klowra.

783

ránhòu zhège pǐnpái ne tā shì shǔyú bǐjiào xiǎozhòng de

然后这个品牌呢它是属于比较小众的

This brand is relatively niche.

784

shì nàzhǒng shùmǎ héchéng xiàoguǒ qì

是那种数码合成效果器

It's a digital synthesis effect pedal.

785

wǒ péngyou zhìzuò de, wǒmen huà de chāhuà

我朋友制作的，我们画的插画

My friend built the unit, and we drew the illustrations.

786

Fēicháng piàoliang de yī kuǎn, ránhòu jiàgé yě hěn héshì

非常漂亮的一款，然后价格也很合适

It's a very beautiful model, and the price is quite reasonable.

787

Zuò yīnyuè de péngyou yě kěyǐ kǎolǜ zhè yī kuǎn chǎnpǐn

What is it like to Suffer from Depression in China?

做音乐的朋友也可以考虑这一款产品

People who make music might want to check out this product.

788

Nà jīntiān fēichánggǎnxiè nǐ de fēnxiǎng

那今天非常感谢你的分享

Thank you so much for sharing today!

789

Xīwàng néng gěi dàjiā tígōng yīxiē hǎo de fàn lì,

希望能给大家提供一些好的范例,

I hope to provide everyone with some good examples,

790

ránhòu yě gěi dàjiā tígōng yīxiē néngliàng ba

然后也给大家提供一些能量吧

and also to offer some positive energy.

791

Xièxie | Báibái

谢谢 | 拜拜

Thank you! | Bye-bye.